

# A New Day

*The Magazine for Activity Professionals*



Issue 1, Vol. 1  
January/February 1995



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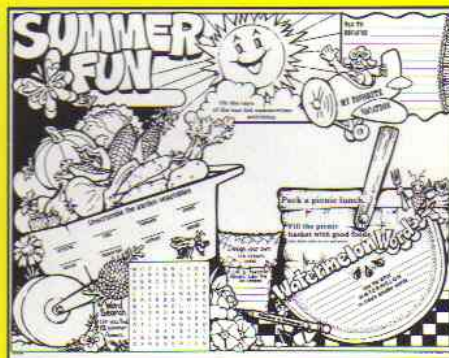
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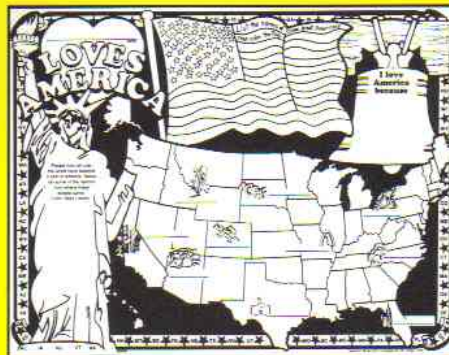
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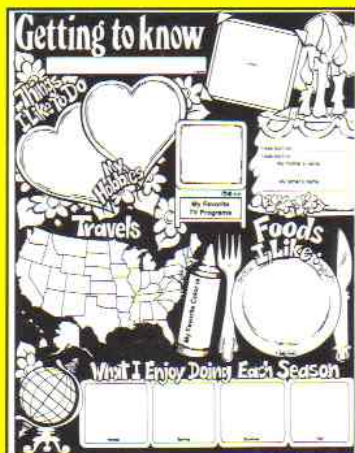
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GGA032 **REMEMBERING MY SCHOOL DAYS**

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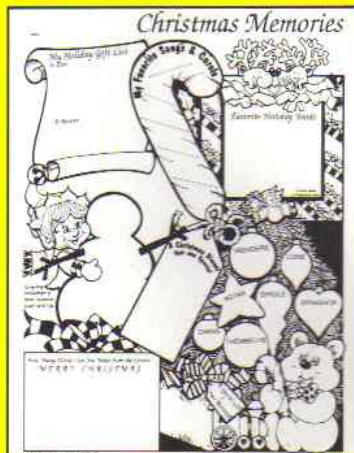
GGA035 **SUMMER FUN**



GGA031



GGA032



GGA034

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# A New Day

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## PUBLISHERS

Gary Grimm & Phoebe Wear

### EDITOR

Becky Daniel

### PRODUCTION DIRECTOR

Gary Grimm

### ART DIRECTOR

Vanessa Filkins

### CIRCULATION MANAGER

Phoebe Wear

### CONTRIBUTING ARTIST

Pete Dever

### CONTRIBUTING PERSONNEL

John Artman

Kim Rankin

Virginia Allison

Fran Artman

Helen Ann Thomas

### CONTRIBUTING AUTHORS

Edith E. Cutting

Susan Julio

Linda Karges-Bone

Sue Stegenga

Helen Ann Thomas

Joan E. White

### Gary Grimm & Associates

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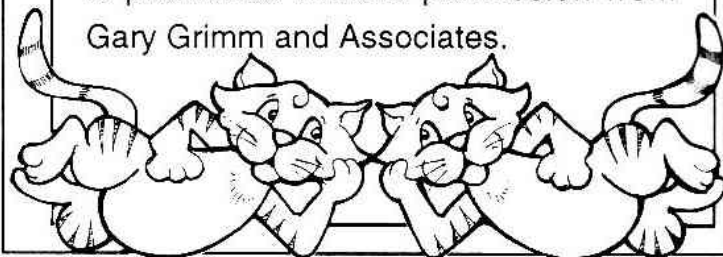
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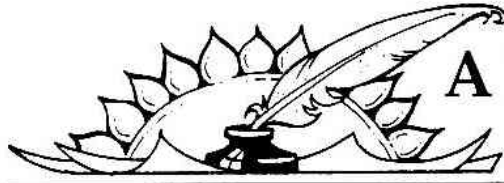


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\* Reproducible Pages

# From the Editor's Desk



## A Magazine Is Born

by Becky Daniel, Orcutt, CA



I am glad that you are reading this issue of *A New Day*. It has been a long journey from the magazine's conception to the realization you are holding in hand. For me the journey began one sunny morning last April. I drove south on Highway 101 down the coast to Santa Barbara and took a short flight to San Jose to meet with publishers, Gary Grimm and Phoebe Wear. I had just finished editing my thirty-sixth issue of *Shining Star*, an educational magazine. After eighteen years as an author and editor of educational books and magazines for children, I dreamed of a new avenue for my work.

Later that morning I met with Gary and Phoebe and a vision of a brand new path became clear to me. They showed me ideas for a premier issue of a magazine—not yet named—to be created especially for the activity directors of nursing homes, and they invited me to be the editor.

Twenty years earlier Gary Grimm's educational book company, Good Apple, Inc., had revolutionized education by publishing the first reproducible activity books for teachers. Good Apple published materials that made instruction easier for teachers and learning more fun for children. Now, Gary and Phoebe had plans for this magazine and for books and games that would provide activity directors with easy-to-use materials to make life more fulfilling and happy for nursing home residents. They were so excited about the project! I listened as they finished each other's sentences. Their enthusiasm was contagious; after a few hours I was as excited as they were. As I was driving home that evening, I watched the sun slip into the Pacific, and it was then that the name for the magazine first dawned on me.

The planning went on for many months with conversations back and forth between Illinois and California. I spoke with authors from all corners of our country who have expertise working with seniors. We spent an enormous amount of time thinking, sharing, talking, and planning. Then one day, as I was struggling to formulate concise goals for the magazine, I realized how happy I was. I couldn't remember ever feeling so energized and pleased to be doing what I was doing. What made this work so special? I knew that there was a crucial connection that I needed to make between my happiness and the mission statement for the magazine. Then it came to me! It was the gathering of hearts and minds, the conversations, the struggling with mutual goals, and the sharing. When I realized the source of my joy, I knew that the most important goal of our magazine has to be *communication*. We must provide activities that show seniors how to reach out to one another, that guide them to live in their conversations with friends and family, and that encourage them to reminisce their yesterdays.

In each upcoming issue of *A New Day*, we promise to provide games and crafts to encourage creative play, stories and articles to stimulate group discussions, puzzles and contests to spark thinking, parties and gatherings to encourage the celebration of life, and calendars with daily historical trivia inviting seniors to embrace their past and share their histories with one another. With all our hearts we believe that life can be happier, more gentle, and wonderful when shared with others. When we can make new friends, have a conversation, create, play and laugh a little, then every day can truly be *a new day*!



# Joyous Days of January

January is National Human Resource and Hot Tea Month.

# HAPPY NEW YEAR

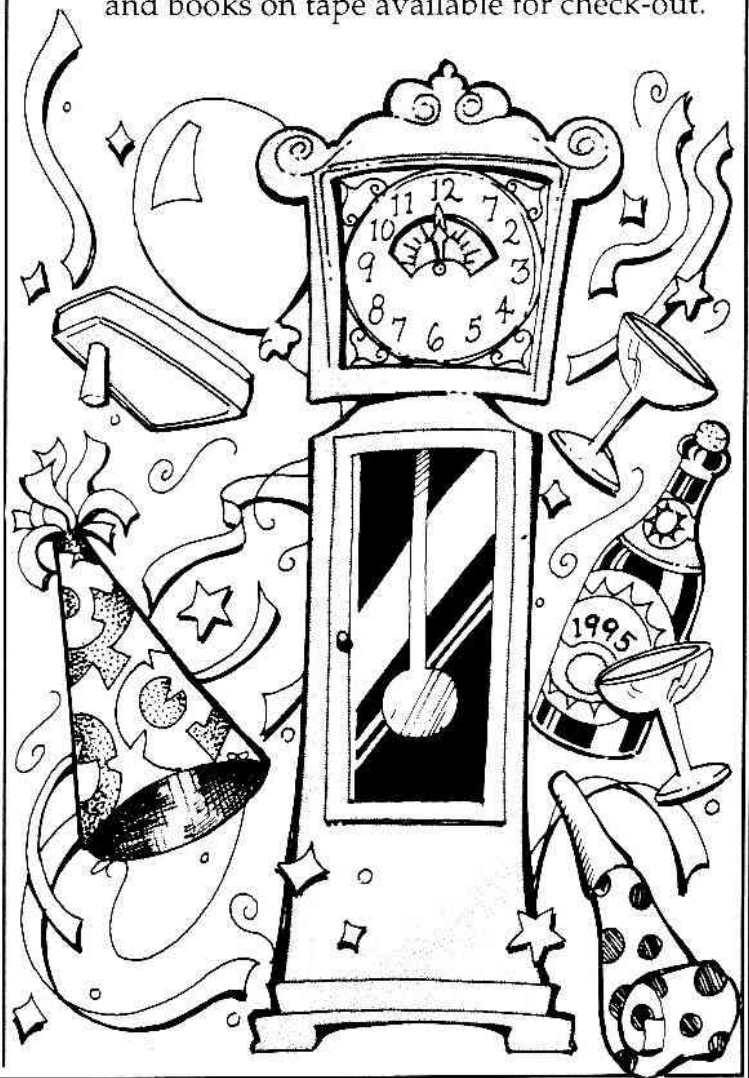
- 1 Today is "Z" Day. Honor those whose names begin with the letter "Z." Kick off this issue's focus, the letter "Z," with the scrambled "Z" words contest on page 42. Organize the "Z" bulletin board with suggestions found on page 37.
- 2 Today is Roger Miller's birthday. Play Roger Miller tapes or CDs.
- 3 On this day in 1959, Alaska became our 49th state. As a group, reminisce what residents were doing in 1959. Where did each live? What was a typical day like for him/her? What kind of a car did he/she drive?
- 4 This is National Trivia Day, a day to celebrate useless information and a perfect day for the "Z" Mystery Person scramble found on page 38.
- 5 On this day in 1914, Henry Ford announced that all worthy Ford Motor company employees would receive a minimum wage of \$5.00 per day. Have a group discussion today about the lowest wages ever earned by each resident.
- 6 Today is Carl Sandburg's birthday. Present some of his work to residents.
- 7 The thirteenth President of the U.S., Millard Fillmore, was born on this day in 1800. Wear the appropriate Birthday Badge on page 36.
- 8 Today is National Joygerm Day, a special time to be happy. See the article written by Joan E. White, founder of Joygerm, on page 5. Have a hug-in. Encourage the staff and residents to share their favorite jokes at lunch today. Make it your goal to brighten everyone's day with hugs and compliments. See the list of eighty-eight ways to say, "I Love You," on the poster.
- 8-14 Ladies, this is Men-Watchers' Week! It's a terrific time to appreciate men. Let the female residents vote to choose the king of the facility. See game instructions and ballots on pages 21 and 22. When the votes are in, report the results with great fanfare. Take the lucky winner's photograph and display it with the positive comments made by the ladies on a bulletin board.
- 9 Hooray for Show-and-Tell Day. Remember how much fun Show-and-Tell was when you went to school? It doesn't just have to happen to children in school. Use breakfast or lunch gatherings for Show-and-Tell times. Use the "Look at Me!" survey on page 10 to celebrate individuals. Let each resident complete the survey and give it to a friend to read. Residents can use the surveys to present each other in an informal way.
- 10 Today is the 50th birthday of singer Rod Stewart. Play some of his music. Ask residents if they remember how they spent their fiftieth birthday. Wear the appropriate Mystery Birthday Badge on page 36.
- 11 Around this time each year fans of Laurel and Hardy celebrate the career of these two great comedians. Show an old Laurel and Hardy movie this afternoon.



- 12 Tanzania: Zanzibar Revolution Anniversary today. Have residents see how many little words they can make with the letters in *Zanzibar*. (See suggested answers on page 47.)
- 19 Sing "Happy Birthday" to the famous poet Edgar Allan Poe. Organize a group of residents who would enjoy discussing his work and sharing a few readings.
- 20 Traditionally, the third Friday in January is National Hat Day! Encourage staff and residents to wear funny hats today. See "hats project" on pages 15-17. Ask residents about favorite hats they have owned.
- 21 Jack Nicklaus' Birthday. See Mystery Birthday Badge on page 36.
- 22 On this day each year, the Wellness Permission League observes a day for looking at cats and answering your cat's questions. Try to find a cat for everyone to pet today.
- 23 It's John Hancock's birthday! Pass out handwriting contest entries found on page 18. Present an award found on page 46 to every participant.
- 24 Gold was discovered in California on this day in 1848. Have a contest to see who can think of the most *golden* words or phrases. Example: goldfish, gold standard, Golden Gate Bridge, etc. See suggested answers on page 47.
- 25 Robert Burns' birthday anniversary today. He was born in Scotland on January 25, 1759. Wear appropriate Mystery Birthday Badge today. See page 36.
- 26 The fourth Thursday in January is National Clash Day. Here is your chance to wear some outrageous color combinations. Encourage staff as well as residents to participate.
- 27 Happy Birthday to Jerome Kern, American composer, born on January 27, 1885. Wear appropriate Mystery Birthday Badge today. See page 36.
- 28 A nursing and rehabilitation center in Chambersburg, PA, has a day each year to recognize the kazoo as a good therapeutic musical instrument. They like to promote its use among stroke patients and others.

Provide kazoos for those interested today and have a kazoo sing-along.

- 29 Backwards Day is a day traditionally set aside to look back on accomplishments. Today is a good day to have residents share their most valued accomplishments. Hold a reminiscent group. Just for fun, this might be a great day to wear your clothes backwards, say "good-bye" when entering and "hello" when leaving. Make the first last and the last first today.
- 30 Franklin Delano Roosevelt's birthday anniversary today. See Mystery Birthday Badge on page 36.
- 30 Sing "Happy Birthday" to one of America's most prolific authors, Zane Grey. Arrange a time for Zane Grey fans to meet and talk about his work. Share the material about Zane Grey found on pages 25 and 26. Follow up with the discussion questions. Make an assortment of Zane Grey books and books on tape available for check-out.





# Oh the Gladsome Grace of a Warm Embrace

by Joan E. White, Founder of Joygerm, Syracuse, NY

"The world is too much with us." Its daily demands, pressures, and profanities lie heavily on our hearts. To avoid humiliation and hurt, we retreat, retire, and seek shelter in seclusion. In weariness we withdraw. We build fences and walls of protection. We become suspicious, cold, and indifferent. Feeling the ill effects are family, friends, acquaintances, associates—in essence the bulk of humanity.

We've been slandered, slighted, and snubbed. We build cages and cocoons of combat and become hard-core. We've been wronged, wrangled, and are weary. We lock our hurt and heartache within.

We're confronted with hostility and harshness. We turn off and nurture our neuroses. We become shy, distrustful, reserved, and wary. Many of us die at an early age, only to be buried at a much later date.

Ah, the ravaging rigors of reality. The damage done in the deception of waging inward war. Why do we use "arms" of delay and denial when loving "arms" of a healing hug would be the best avenue of approach and attachment—a true sign of significant acceptance and forgiveness.

We're speaking here of that much maligned mentor, the HUG—H.U.G. A Healing, Understanding Greeting. A timely tonic for the tired, tense and timid.



**A HUG.** That warm embrace you can't replace with words, gifts, or glory.

**A HUG.** A stirring sensation not to avoid, but rather to be lovingly employed and enjoyed.

**A HUG.** Soothing, seraphic, sublime.

**A HUG.** Holy, pure, divine. Yes, there's something sacred about extended arms wrapping themselves around another, enfolding and holding someone close to the heart. It signifies willingness to extend oneself, an openness to share pain, grief, sorrow.

**A HUG.** Recognizes and honors celebration and offers connectedness, closeness, bonding.

**A HUG.** Witnesses to and accepts another's joy, jubilation, triumph, success, and accomplishments.

**A HUG.** Unspoken language of the heart, a caress of confidence, love on the loose, freedom from the noose that strangles and suffocates, hospice, happy haven.

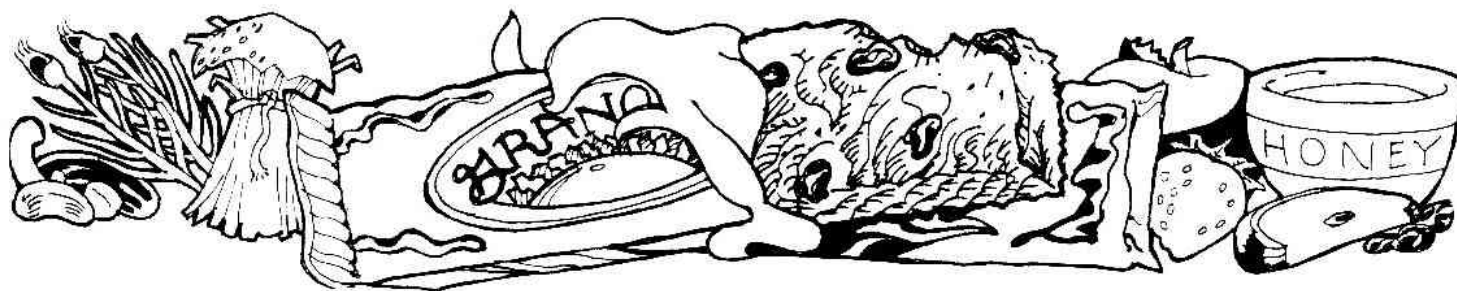
**A HUG.** A home where neon lights flash: Welcome! Come in! We love you! It's given freely and unsparingly and truly therapeutic and plays a leading role in developing self-esteem and a sense of acceptance and well-being, not only in children but recipients of all ages.

Your hug becomes a soothing song, a quiet stream, a clear blue sky, the call of a bird, the friendship of a shade tree, a perfumed plant. Your hug is a warm wool sweater on a chilly day, a radiant rainbow that follows a shower, a kiss of the sun. Accept, then, the responsibility of setting minds, hearts, and bodies atingle. Be bearers of good touch tidings. Dispense, with your hug, daily doses of kindness and concern. A degree of higher learning is not necessary. All that's required is an educated heart!



# Look What's New

## Granola Bars, Good for the Body and the Soul



What is new about granola bars? Nothing. You have probably been enjoying sweet and crunchy or tart and fruity snack bars for twenty years or more. Delicious and nutritious, they provide a quick energy boost with fewer calories and less refined sugar than candy bars. Kellogg's™ makes a nutri-grain cereal bar with two grams of protein, and just 140 calories that can only be described as a delicious dessert. It comes in raspberry, strawberry, apricot, and other assorted fruit flavors. And if you are worried about calories, fat content, and refined sugar, there is even a bar for you.

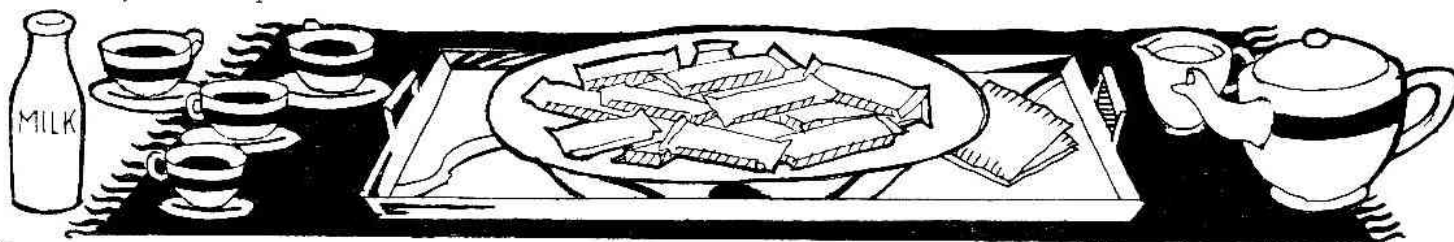
Health Valley™ makes Fat-Free Granola Bars and Fat-Free Fruit Bars that have no fat, cholesterol, or refined sugar. They have only 10 mg of sodium and are approximately 140 calories. Plus, they contain three grams of fiber and 500 IU beta carotene. They come in a variety of flavors: apricot, blueberry-apple, raspberry, date-almond, raisin, and chocolate chip.

These brands of granola bars are sold in most supermarkets all over the United States and Canada. They are usually sold individually wrapped with four to six in a box. Some price clubs sell variety packages of twenty-four. Since granola bars are individually wrapped in stay-fresh packages, they make good bedside snacks for residents. Granola bars and fruit bars can provide that late-night treat that people enjoy, or the mid-morning nutritional break they need. For some seniors, it takes a great deal of time to eat, and they may not be able to consume all of the food they need in the allotted lunch period. Nutritious snacks eaten at leisure can add to good health. Having snack foods available at choice—being able to meet one's own needs—is empowering and feeds the soul as well as the body.

When presenting a granola bar taste-test to your group, provide a variety of brands and flavors. Cut a few bars into bite-sized pieces and pass out samples. Show the wrappers of each kind of bar. Lead a discussion about this snack choice:

- Have you ever tasted a granola bar?
- Do you remember your first granola bar?
- Do you like them crispy or soft and chewy?
- Do you like granola bars?
- Which fruit flavor do you prefer?
- How does the taste of the fat-free bar compare to other granola bars?

End the session by serving coffee, tea, or milk and give everyone his/her choice of bar to enjoy. If residents particularly like the taste of one bar more than the others, encourage them to save the wrappers to show friends and family who shop for them.

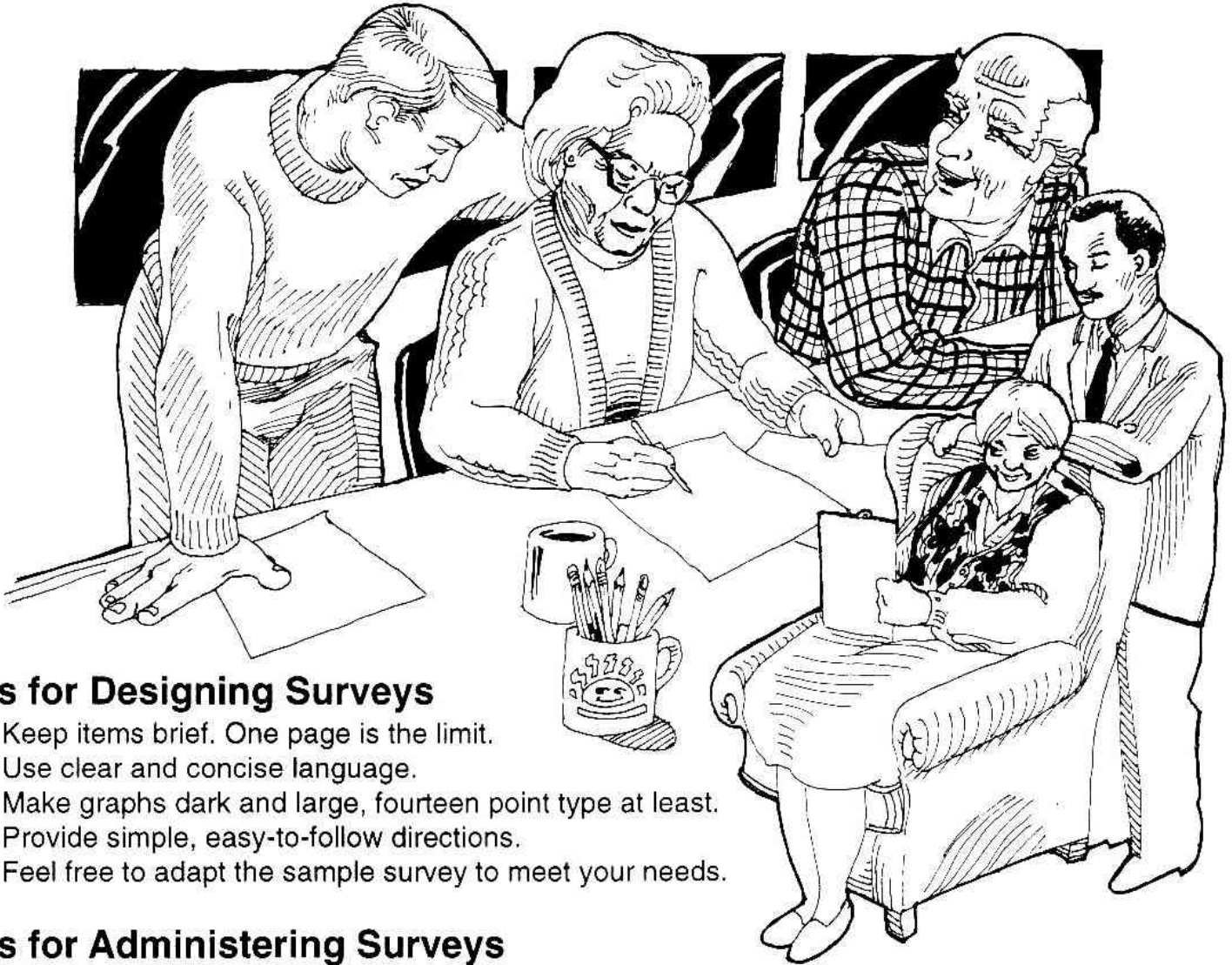




# *Using Resident Surveys: We'd Like to Get to Know You*

by Linda Karges-Bone, Ed. D., Charleston Southern University

Nothing makes a person feel more welcome or cared for than "personal attention." Smiles and gentle voices may indeed be comforting, but a genuine interest in what motivates, inspires, interests, or delights a resident can prove to be both helpful and healthful. Using a well-designed, easy-to-administer survey offers the staff one way of "getting to know" the residents and of planning for meaningful programs that will be eagerly awaited.



## **Tips for Designing Surveys**

1. Keep items brief. One page is the limit.
2. Use clear and concise language.
3. Make graphs dark and large, fourteen point type at least.
4. Provide simple, easy-to-follow directions.
5. Feel free to adapt the sample survey to meet your needs.

## **Tips for Administering Surveys**

1. Give the surveys out after a midmorning or afternoon snack time, when folks are feeling refreshed.
2. Provide clipboards and easy to use felt-tip pens.
3. If writing is a challenge, try pairing residents to assist each other in the process.
4. Offer a fun incentive for completing the survey: hand lotion, stationery, flavored tea bags, granola bars, etc.
5. Set up the survey on a computer terminal so that residents can simply punch in their data and store it right there.



## How to Use Surveys Effectively

Use surveys to compile information about a specific area of interest. Long surveys with lots of data are difficult to interpret and use quickly. If you want to find out what residents need from a library or bookmobile, then focus on reading interest. If you suspect that residents might be interested in doing a community project, then put their attitudes and talents to work toward that specific goal. Here are some programming ideas that might work well with a survey:

- Interest in a community project
- Interest in a pen-pal association
- Interest in speakers or outings
- Desire for changes in programming or facilities
- Desire for more religious services or visits by clergy
- Food preferences
- Entertainment preferences
- Need for more craft classes
- More varied holiday or cultural celebrations



## Once You Have the Data

Once you have gathered the completed surveys, use a small team (three to four maximum, and be sure to include at least one resident) to review and interpret the information.

1. Use chart paper to tally the results and to make a chart of the top areas of interest or to categorize areas of talent or participation.
2. Save the individual surveys to keep in residents' folders for future reference.
3. Report on the survey results within one week. This demonstrates a respect for the residents' time and a genuine interest on your part toward making good programming available.
4. Publish the results of surveys or recommendations for changes in the newsletter or announce them at meals. Be sure to express your appreciation for everyone's participation.



## Using the Surveys in This Issue

Since January is National Human Resource Month, take the opportunity to survey your residents, taking advantage of their talents and sharing them with the other residents. Find out what community service projects with children the residents might be interested in, using the survey on page 9. However, if such an outreach program is not feasible for any in your group, do not survey them. After surveys are completed, organize a task force to get the program under way. A simple survey, "Look at Me," is found on page 10. Get acquainted with residents, and let them get acquainted with one another by sharing surveys within the group. Since February is National Snack Month, there is a snack time quiz on page 28. Find out what kinds of snacks your residents prefer and have some food fun with this survey. Surveys can serve many purposes. Sharing human resources, getting acquainted, and having fun are just three benefits of surveys. Feel free to change questions that are not relevant to your residents. Reproduce and use the surveys found herein or let them serve as springboards for creating your own surveys for the unique group of seniors with whom you work.



## *Survey: Community Service Projects with Children*

Please circle the answer that most closely meets your response.

1. Would you be interested in spending 1-3 hours per week working with a child or a class from a local school?

Definitely Yes

Not Sure

Definitely No

2. If you answered "Yes or Not Sure," let us know at least one age group that you would enjoy working with.

4-6 years

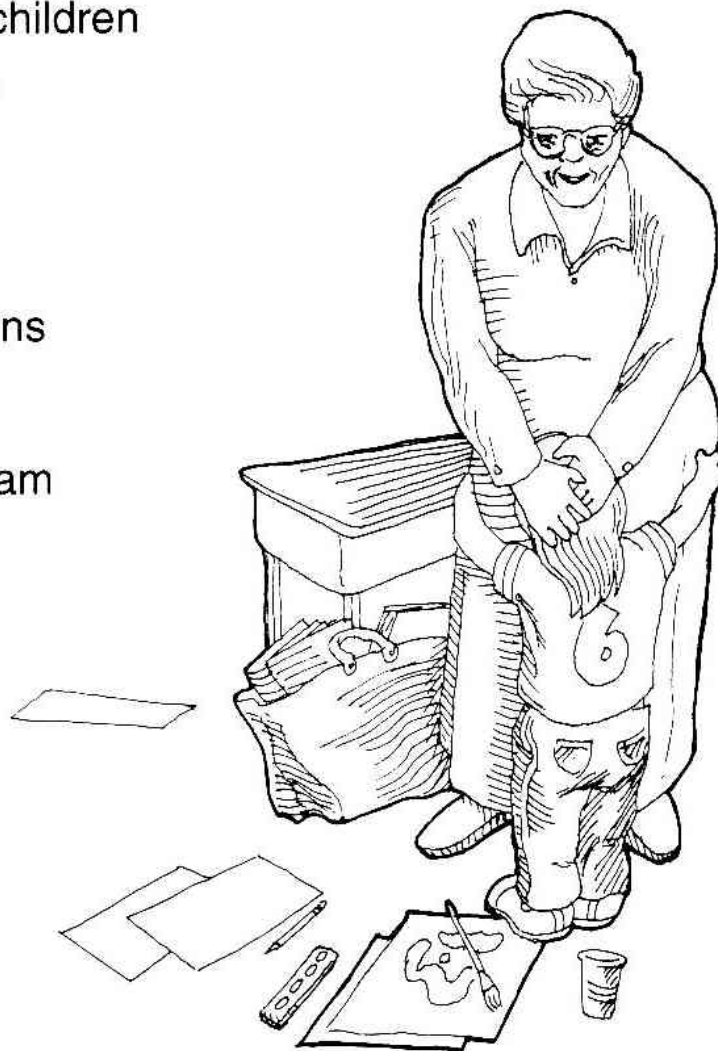
7-9 years

10-12 years

13-17 years

3. Let us know which of the following kinds of activities you most enjoy doing with children. Circle as many as you like!

- reading aloud to children or with children
- going to a classroom to volunteer
- teaching a craft or lesson
- grading papers for teachers
- telling stories or oral history lessons
- working in a school library
- running a reading incentive program
- tutoring children
- writing to a pen pal
- making snacks with kids
- doing music with kids
- sharing a collection
- working in school office
- helping with fund-raising





## *Look at Me*

Please briefly complete each question below. If you need help filling out the survey, ask a staff member, a resident friend, or one of your visitors.

1. Name \_\_\_\_\_

2. Place of birth? \_\_\_\_\_

3. Lived where? \_\_\_\_\_

4. Married?    Yes        No

5. Children?    0    1    2    3    4    5    6    7    8    9    10    11    12

6. Grandchildren?    Yes        No        How many? \_\_\_\_\_

7. Looking back, what was your greatest accomplishment?



8. Comments:

9. What were your happiest moments?

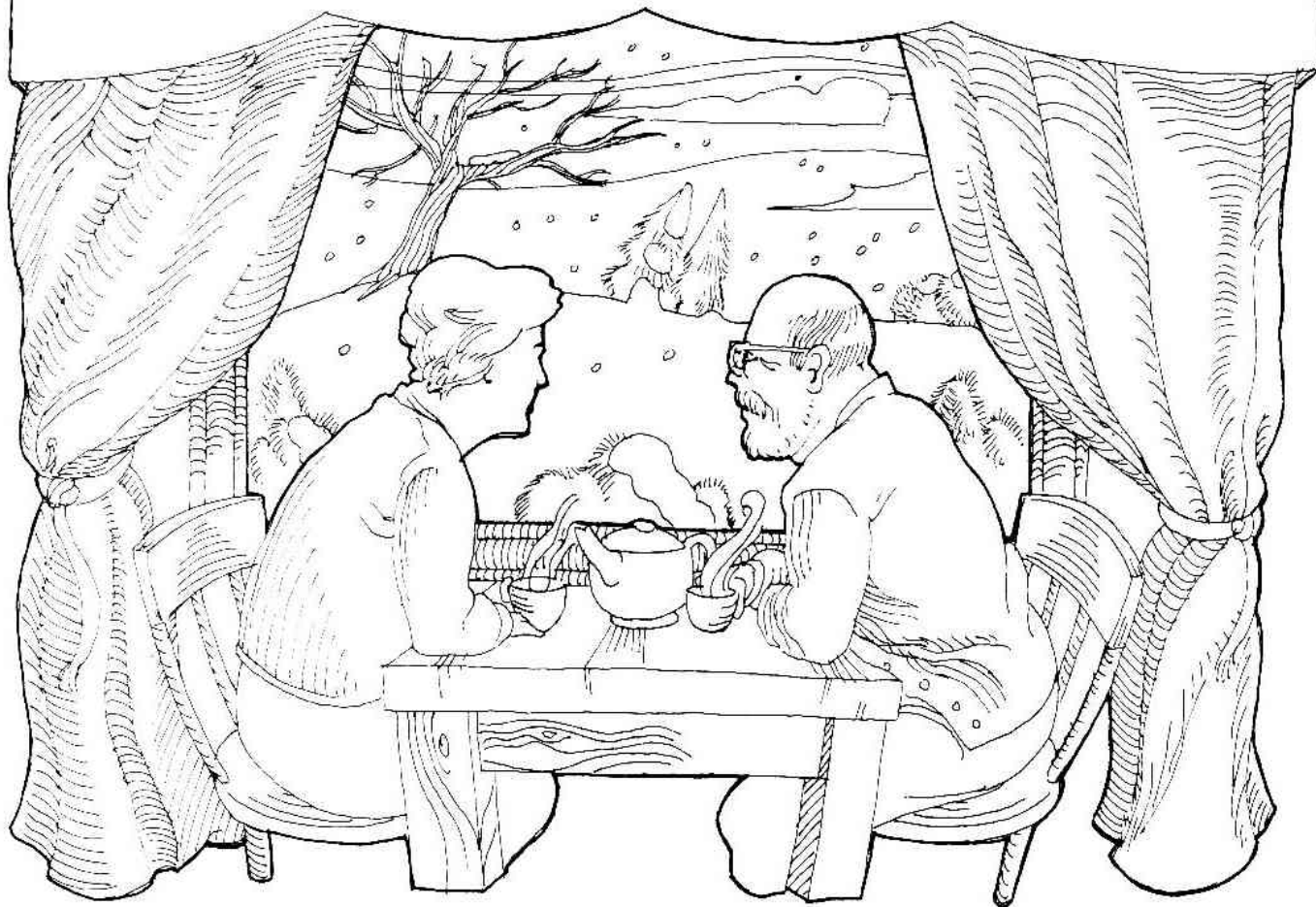
10. If you could change one thing about your life, what would it be?

11. What do you like best about your life today?

# It's Teatime!

by Susan Julio, Niceville, FL

"Tea thou soft, thou sober, sage and venerable liquid . . ." Colley Cibber



Make chilly January more bearable with these hot tea party ideas!

## Let's Get Acquainted!

Cut slips of paper and divide into two stacks. Write the song title "Tea for Two" on each slip of paper in the first stack. Write another song title "I'm a Little Teapot" on each slip in the second stack. Each tea party guest is given a slip of paper on arrival and is sent to find others with the same song. When both groups are complete, allow time for practice singing. Then call on each group to perform !

## Tea Scramble

Have players race to unscramble these mixed-up kinds of tea. Provide each player with a pencil and paper. Write the scrambled words on a chalkboard, dry erase board, or large sheet of paper.

- |                             |                            |
|-----------------------------|----------------------------|
| 1. Lnogoo (oolong)          | 6. keepo (pekoe)           |
| 2. menlo (lemon)            | 7. rptepneipm (peppermint) |
| 3. memehialo (chamomile)    | 8. sfrssaasa (sassafras)   |
| 4. eljdrnaeig (Darjeeling™) | 9. rlae rgye (Earl Grey™)  |
| 5. soer pihs (rose hips)    | 10. sgnegni (ginseng)      |



## Reading Tea Leaves

Cut out leaf shapes from brown paper bags, and give each player four leaves and a dark colored marker. Have players write the following on each leaf:

- On leaf one write the player's name.
- On leaf two write an action word.
- On leaf three write the name of a place.
- On leaf four write the name of another person (famous or not).

Collect each set of leaves and put them in four separate paper bags. Have a visitor dressed in gypsy clothes make a grand appearance to "read" each guest's fortune by pulling a leaf from each bag. For instance, the gypsy may predict that, in one year's time, Ruth Brant will be scuba diving in Tokyo with Elvis Presley!

## Teakettle

A player is chosen to be "It" and is sent out of the room. The remaining players choose a word (must be a verb), then invite "It" back into the room. Everyone gives a sentence that uses the selected verb, but substitutes the word "teakettle" in its place. For instance, if the chosen word is "run," the conversation might go like this: If I can, I like to teakettle every morning before breakfast. I like to teakettle, but the last time I teakettled, a dog chased me! I just bought some very expensive teakettling shoes.

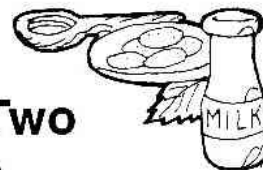
The conversation continues until "It" guesses what word teakettle stands for. Another player is then selected to be "It" and leaves the room so a new word can be chosen.

## Just "Tea-zing"

Provide each tea party guest with a copy of the Just "Tea-zing" puzzle on page 14 and a pencil. The player with the most correct answers wins. Answers are found on page 47.

## Game Prizes or Party Favor Ideas

Fill small baskets with an assortment of tea bags, ginger cookies, crossword puzzle books, stationery, stamps, or interesting teacups or mugs.



## Tea For Two

Picture you upon my knee,  
Just tea for two  
And two for tea,  
Just me for you  
And you for me alone.  
Nobody near us to see us or hear us,  
No friends or relations  
On weekend vacations,  
We won't have it known, dear,  
That we own a telephone, dear.  
We will raise a family,  
A boy for you,  
A girl for me,  
Oh can't you see how happy  
we would be?

Irving Caesar and Otto Harbach

## I'm A Little Teapot

I'm a little teapot short and stout  
Here is my handle, here is my spout  
When I get all steamed up, then I shout  
Tip me over and pour me out!

I'm a very special pot it's true  
Here let me show you what I can do  
I can change my handle and my spout  
Tip me over and pour me out!

Anonymous



# Teatime Treats

Tempt your tea-tasters with a variety of teas and tea treats from around the world.

## Tea

Fill baskets with a variety of different tea bags (regular, decaffeinated, herbal, etc.) along with slices of fresh lemon, sugar (and artificial sweeteners), honey, milk, and cream. For a homey touch, serve tea in an assortment of mix-and-match teacups and saucers.

## English Cucumber Sandwiches

2 loaves of white bread with crusts removed  
4 large cucumbers, peeled and sliced thinly  
butter or margarine

Trim off bread crusts and butter each slice. Arrange cucumbers on one slice of bread and cover with another slice. Cut into quarters. Makes approximately seventy-two small sandwiches.

## Irish Scones

4 cups of all purpose flour  
4 tablespoons sugar  
1 teaspoon salt  
1 1/2 cups buttermilk

4 teaspoons baking powder  
1 teaspoon cinnamon  
1 teaspoon nutmeg  
1 cup softened margarine

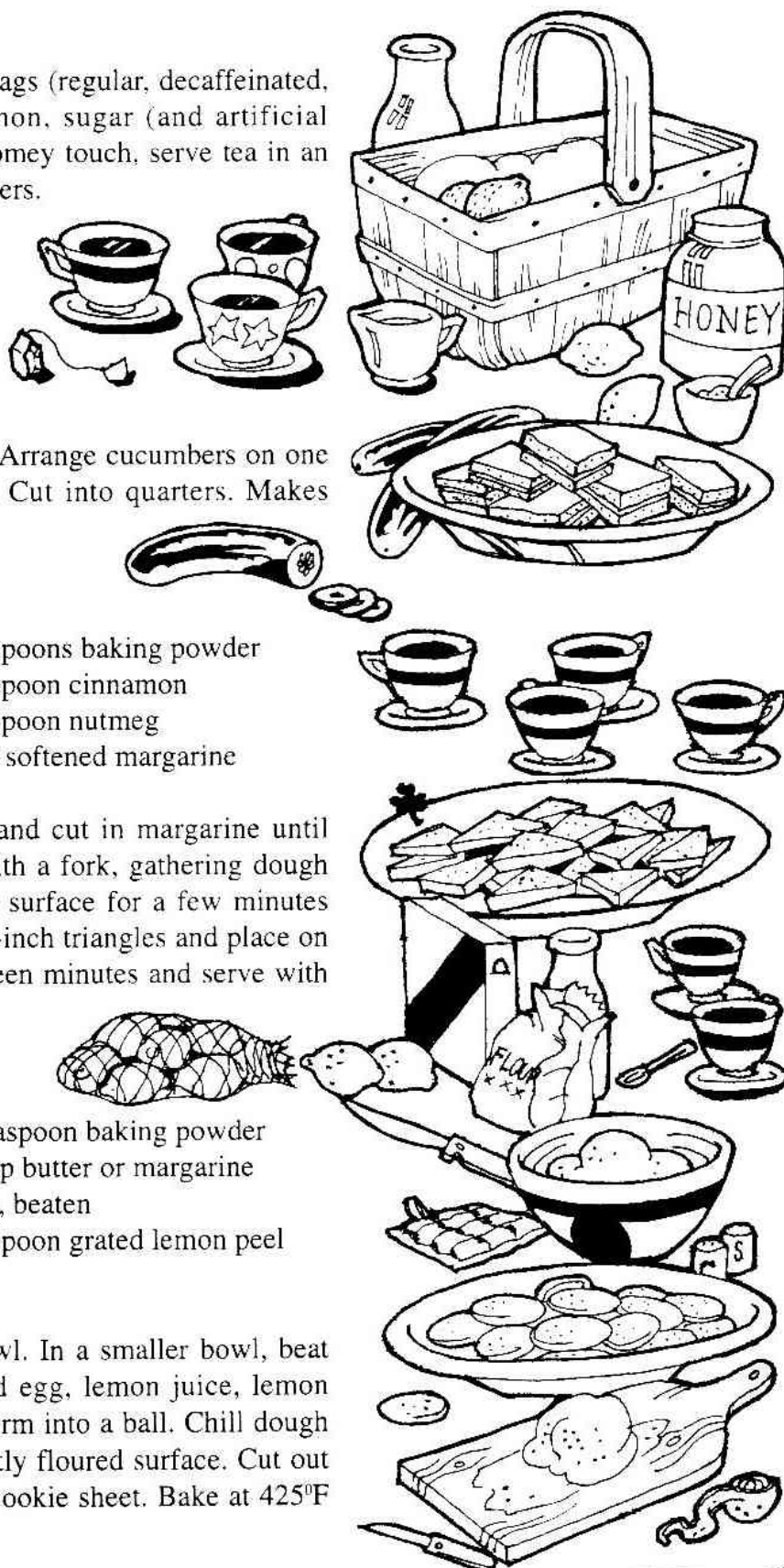
Combine dry ingredients in a large bowl and cut in margarine until mixture becomes coarse. Stir in buttermilk with a fork, gathering dough into a ball. Knead dough on a lightly floured surface for a few minutes and roll out to a 3/4-inch thickness. Cut into 3-inch triangles and place on a greased cookie sheet. Bake at 425°F for fifteen minutes and serve with jam.

## Oriental Ginger Lemon Cookies

1 1/2 cups all purpose flour  
1/8 teaspoon salt  
1/4 cup of sugar  
1/2 tablespoon lemon juice  
1/8 cup finely chopped candied ginger

1/2 teaspoon baking powder  
1/3 cup butter or margarine  
1 egg, beaten  
1 teaspoon grated lemon peel

Mix dry ingredients together in a large bowl. In a smaller bowl, beat butter and sugar until creamy and light. Add egg, lemon juice, lemon peel, and ginger. Stir in dry ingredients and form into a ball. Chill dough for 1/2 hour and roll out to 1/8 inch on a lightly floured surface. Cut out with round cookie cutter. Place on a greased cookie sheet. Bake at 425°F for five minutes. Makes two dozen.



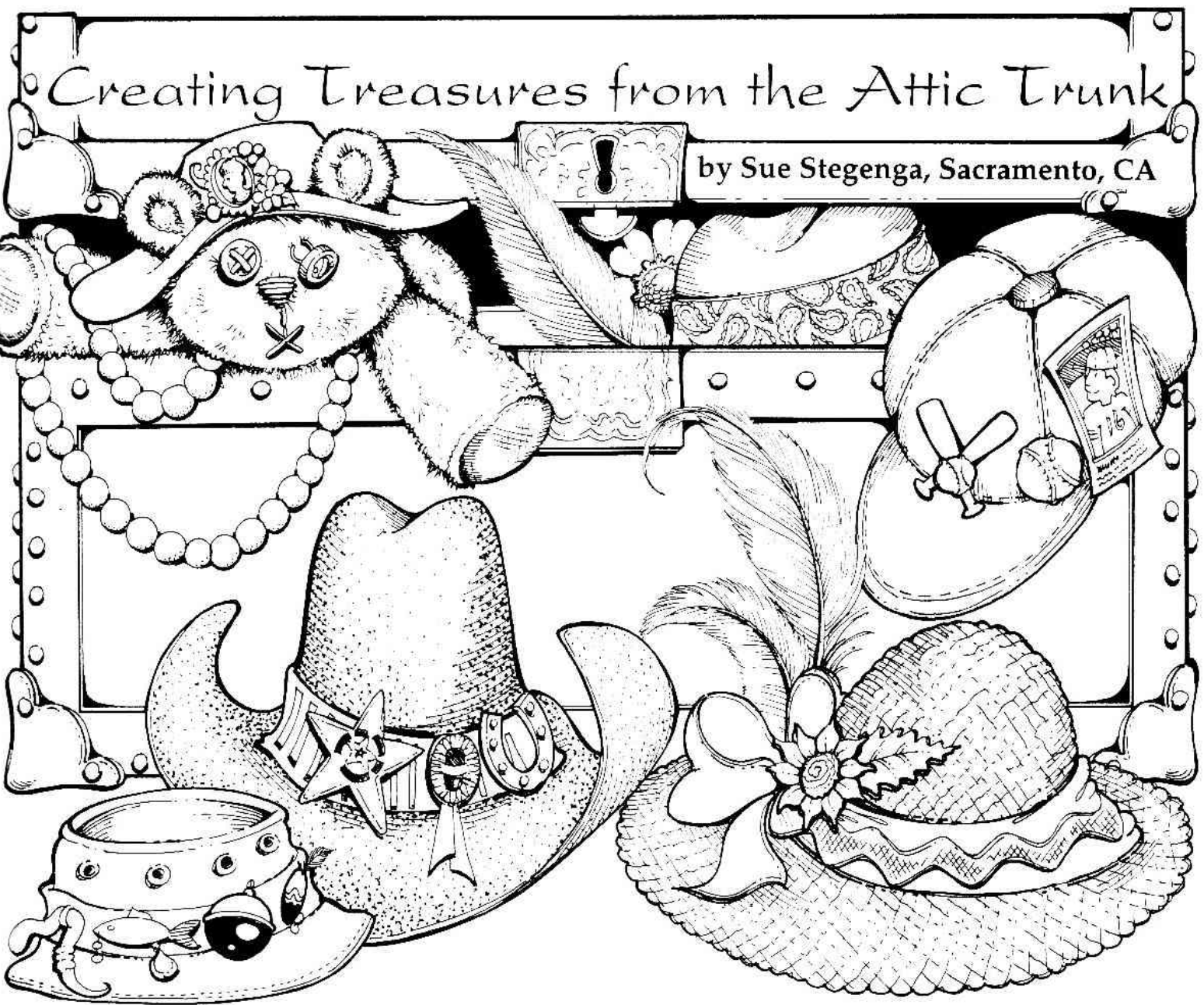


# Just "Tea-zing"

The world is filled with many delicious teas. See how many different kinds of "tea" you can create. The first one has been done for you.

1. is always truthful honesty (hones"tea")
2. is the spice of life \_\_\_\_\_
3. is always on time \_\_\_\_\_
4. is lovely to look at \_\_\_\_\_
5. is worrisome \_\_\_\_\_
6. is fit for a king (or queen) \_\_\_\_\_
7. is good for having lots of kids \_\_\_\_\_
8. saves money \_\_\_\_\_
9. is the mother of invention \_\_\_\_\_
10. is well-liked by all \_\_\_\_\_
11. is not so smart \_\_\_\_\_
12. is very filling \_\_\_\_\_
13. is funny \_\_\_\_\_
14. is very strong \_\_\_\_\_
15. is full of anger \_\_\_\_\_
16. private property \_\_\_\_\_
17. deep misfortune \_\_\_\_\_
18. weighty, heavy \_\_\_\_\_
19. frozen and covered with ice \_\_\_\_\_
20. contemptuously proud \_\_\_\_\_





# Creating Treasures from the Attic Trunk

by Sue Stegenga, Sacramento, CA

Find hats for the residents to decorate. They could be favorite hats that they already wear or that family members bring in for them to decorate. People are often willing to donate these items as they clean out their closets. Or you can purchase inexpensive paper and straw hats and caps at craft stores or party supply stores. Look for a variety of floppy styles, broad-brimmed straw hats, baseball caps, sun visors, etc. Make sure to find styles that will appeal to both men and women. The residents may wish to bring some of their own supplies to decorate their hats, including costume jewelry, hat pins, beads, artificial flower pins, sports team pins, travel pin souvenirs, etc. Or collect a variety of things for them to use such as lace, rickrack trim, ribbon, bows, artificial flowers (sunflowers are currently very popular), sports appliques, fabric scraps, balloons, nylon net, and sports items, such as golf tees and unpointed fishing lures. Provide colorful fabric paint and glitter paint.

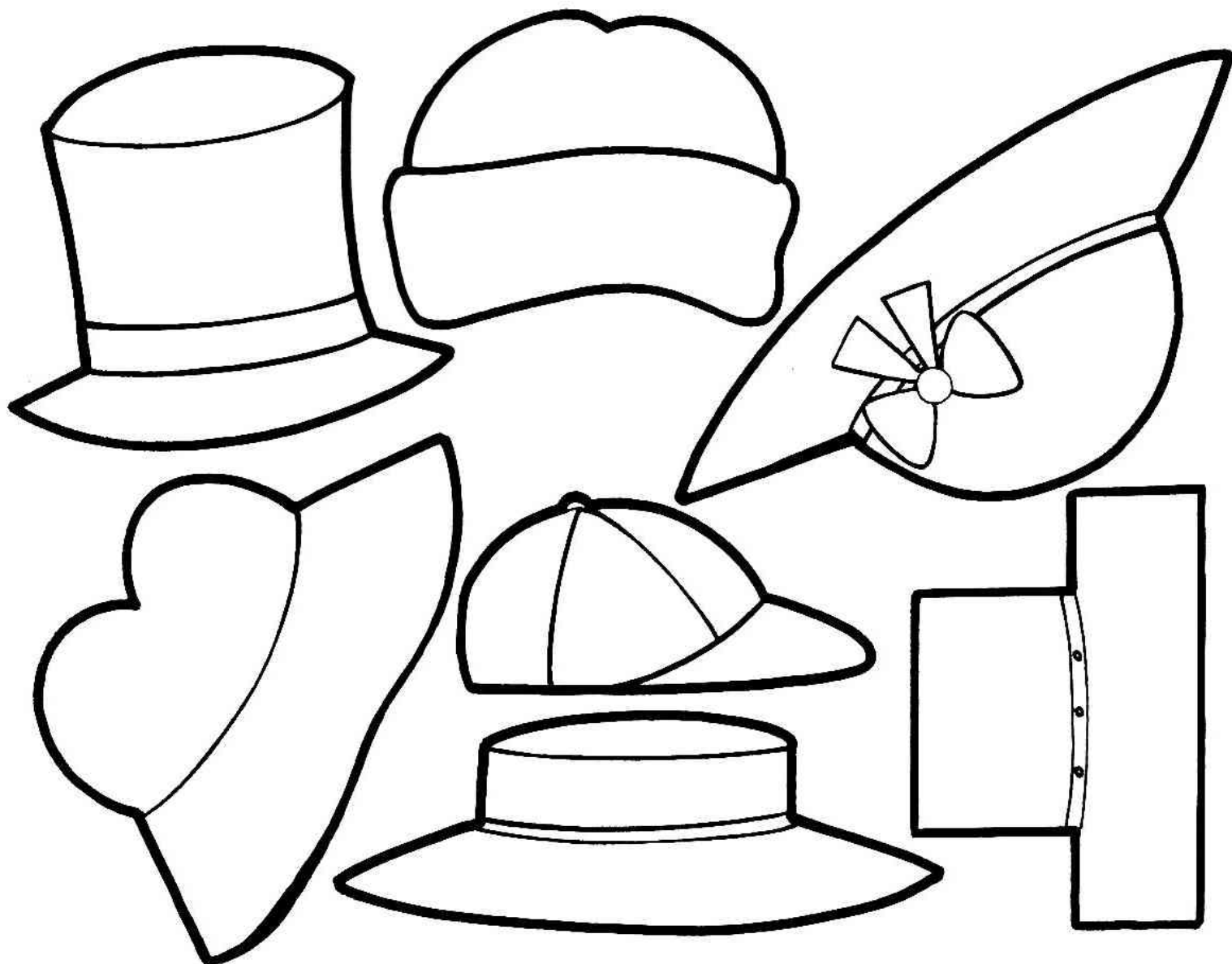
As residents decorate their projects, encourage them to reminisce and chat about memories such as treasures they once found in an attic trunk or the favorite hat each person owned. Residents may also create elegant party hats for youngsters and other visitors and even hats for teddy bears and dolls for their tea party. They can share memories with the "next generation" about what the items they have chosen to put on their hats represent and mean in their lives.



# A Hat Full of Delightful Ideas

Use the hat patterns and suggestions on this page and the next to make a myriad of hat projects. You may enlarge or reduce the patterns as desired, using a copy machine. These projects may be used to decorate and set an elegant table for a tea party. You might wish to invite grandchildren, great grandchildren, and youngsters from a neighborhood preschool as "adopted grandchildren." The residents may decorate invitations to send to the visitors. You might even have the theme of a "Teddy Bear or Doll Tea Party" with toy tea sets, with everyone bringing his/her stuffed toy critters. The residents can decorate gifts for each other and for visitors such as decorated hair bows for little girls, bookmarks, miniature hat boxes, or table favors filled with candy treats. Place cards, name tags, and decorated centerpieces can add to the festive hat theme.

Little hats may be purchased at crafts stores or precut from materials such as felt, colored tagboard, heavy paper, Fun Foam™, and decorative adhesive paper or wallpaper glued onto cardboard. The hats can be kept very simple and basic or decorated with trims such as beads, sequins, glitter, ribbon, tiny dried flowers, rickrack, scraps of fabric, nylon net, etc. Tacky™ craft glue or a craft's glue gun (low temperature only, with assistance) works the best because both are safe and fast drying.



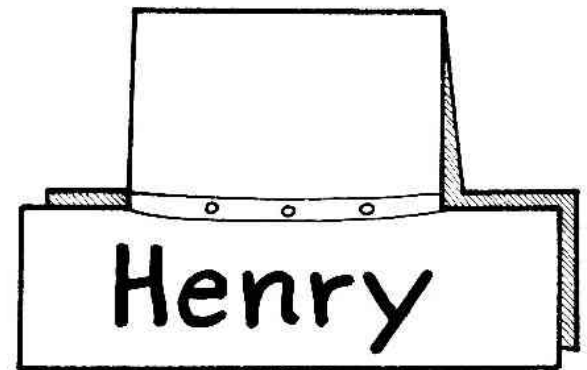
# Hats, Hats, and More Hats!



Tea Party Invitations

## Name Place Cards

Place patterns on fold  
so hat lifts open.



## "Hat Pin" Name Tags

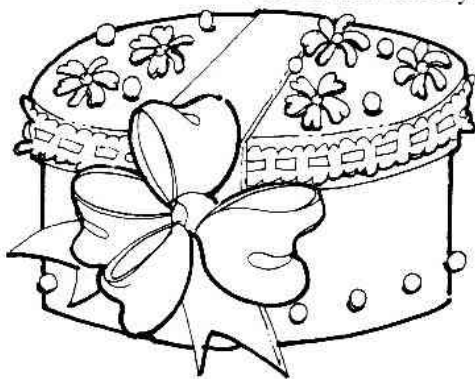
Use small safety pins.



## Table Favors

Paper nut cup.

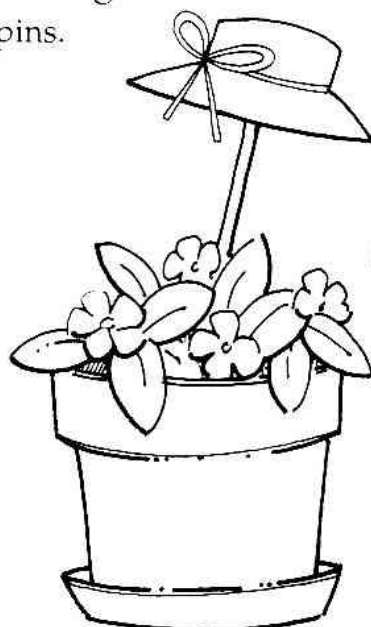
Small lace doily or paper circle.  
Fill each with candy.



## Miniature Hat Box

## Table Decoration

Round boxes decorated  
with treats inside.

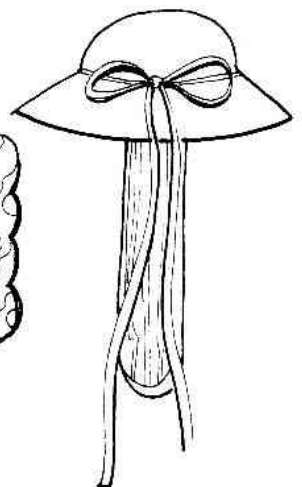
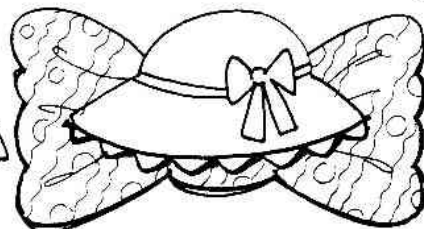


## Plant Pick

## Table Decoration

Craft stick

## Hair Clips and Bows



## Bookmarks

Narrow ribbon  
Jumbo wooden craft stick



# ***Handwriting Contest Official Entry Blank***

Use this page to enter the handwriting contest. If you want to practice first, use this sheet for practice and ask for another official entry blank. Write as much as you wish. You may copy the sentences below or write words of your choice. Good luck.

*I am healthy, happy and strong.*

*I grow stronger every day.*

*Each new day is an opportunity*

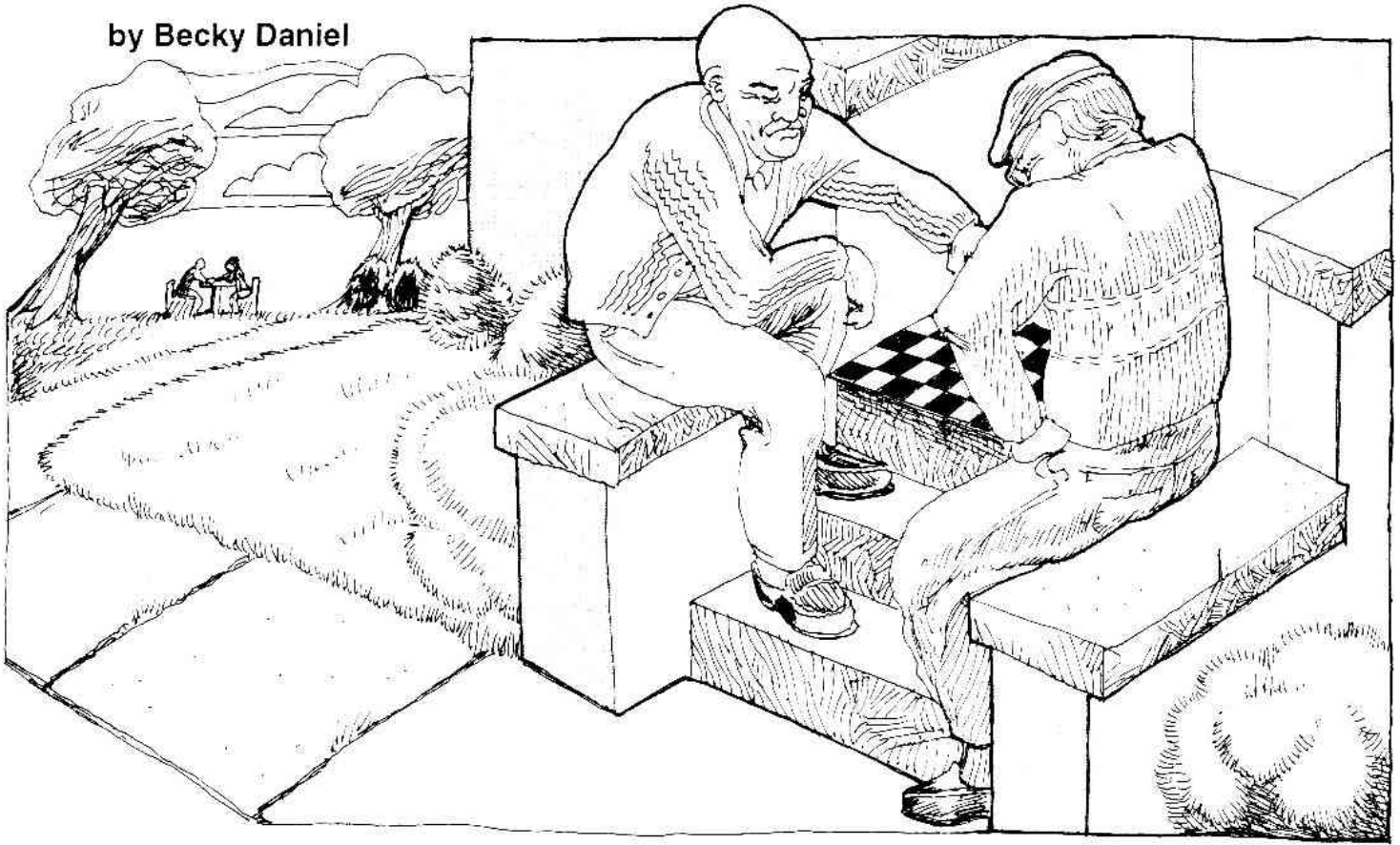
*to make new friends and laugh.*

*A positive attitude is important for happiness.*

# Saturday Evenings Past

## Checkers—a Good Way to Make New Friends

by Becky Daniel



Recently, I spoke with residents in a nursing home. I asked them what they missed most about not living in their own homes. I received many interesting responses: "Peanut butter," "My car," "Children in the house," "Our dog, Pixie." But one response echoed inside my head for days. "I miss Saturday nights." The elderly gentleman had quietly gone on to say that Saturday night was when he could count on having fun. He said sometimes he would go square dancing or play dominoes or checkers with neighbors, or escort his wife to dinner and a movie. "It was a special time that made the rest of the week worthwhile!"

On another occasion, I asked seniors about their Saturday evenings in the past. Some said they played poker, one said she stayed up to watch the late movies because she didn't have to get up early on Sunday morning. Some said they went dancing. There was a myriad of responses, but the important thing I noted was that everyone did *something* special on Saturday night. Can Saturday night be fun in nursing homes? Can it be a special time that everyone looks forward to all week?

Later I spoke to my father who is sixty-eight. He suggested a series of articles in *A New Day* called "Saturday Evenings Past" that would share rules for old standard games like dominoes and poker and fun things for seniors to play in pairs or small groups. I thought it was a brilliant idea! So, in the upcoming issues you can look forward to ideas for Saturday night gatherings. Keep in mind, Saturday night doesn't have to begin late and last long into the night. For your residents, it may begin right after dinner and provide a few hours of popcorn, kinship, and laughter. It may be a very special time to gather in small groups for conversation, playing old games, and making new friends—a time that makes "the rest of the week worthwhile!"





# Checkers



## A Good Way to Make New Friends

Checkers is an ideal game for making new friends because players sit facing each other, and since there is no time limit on the game, there is time to chat. A checkers tournament might be just the thing to spark Saturday nights. The gameboards are inexpensive, so you can have dozens, allowing many to play simultaneously. Set up card tables or an area for play in the cafeteria. As pairs of players finish a game, record the winner's name. Have the winner of each game challenge the winner of another game until you have one grand champion. Use the award certificate at the bottom of the page to motivate beginning players. Fill in the second blank with one of the following: Participant, Winner, Champion.

### How to Play

Twelve black game pieces are set on the first twelve dark squares on one side of the board. Twelve red game pieces are placed on the opposite side of the board in the same manner. The first move is made by the player having the black game piece (smoke before fire). Players move alternately with the black and red pieces. At the beginning of the game, all of the pieces can only move forward. A move is from one black square to an adjoining black square. A jump is over another player from one black square to another adjoining black square. Game pieces may never rest upon or cross a red square. Once a game has started, a player must move any playable piece he touches unless he says in advance that he is arranging a piece. A player must jump an opponent's man in the next square if the square beyond is vacant. When a game piece is jumped, it is removed from the board. Players may not jump their own men. Any number of jumps may be made in a series of jumps during one turn. When a game piece reaches the opponent's back row (king's row), the game piece is crowned by placing a matching colored checker on top of it. That game piece (king) can then move or jump forward or backwards. The object of the game is to block opponent's forces so that he/she cannot move or capture all of his game pieces. The player who moves last is declared the winner.

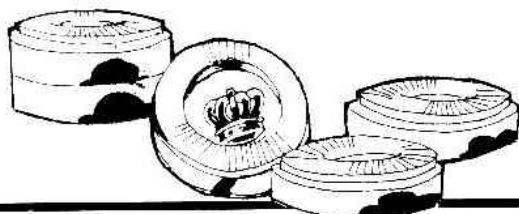


# *Congratulations!*



To: \_\_\_\_\_

For being a \_\_\_\_\_  
in the checker tournament.



\_\_\_\_\_  
Signature

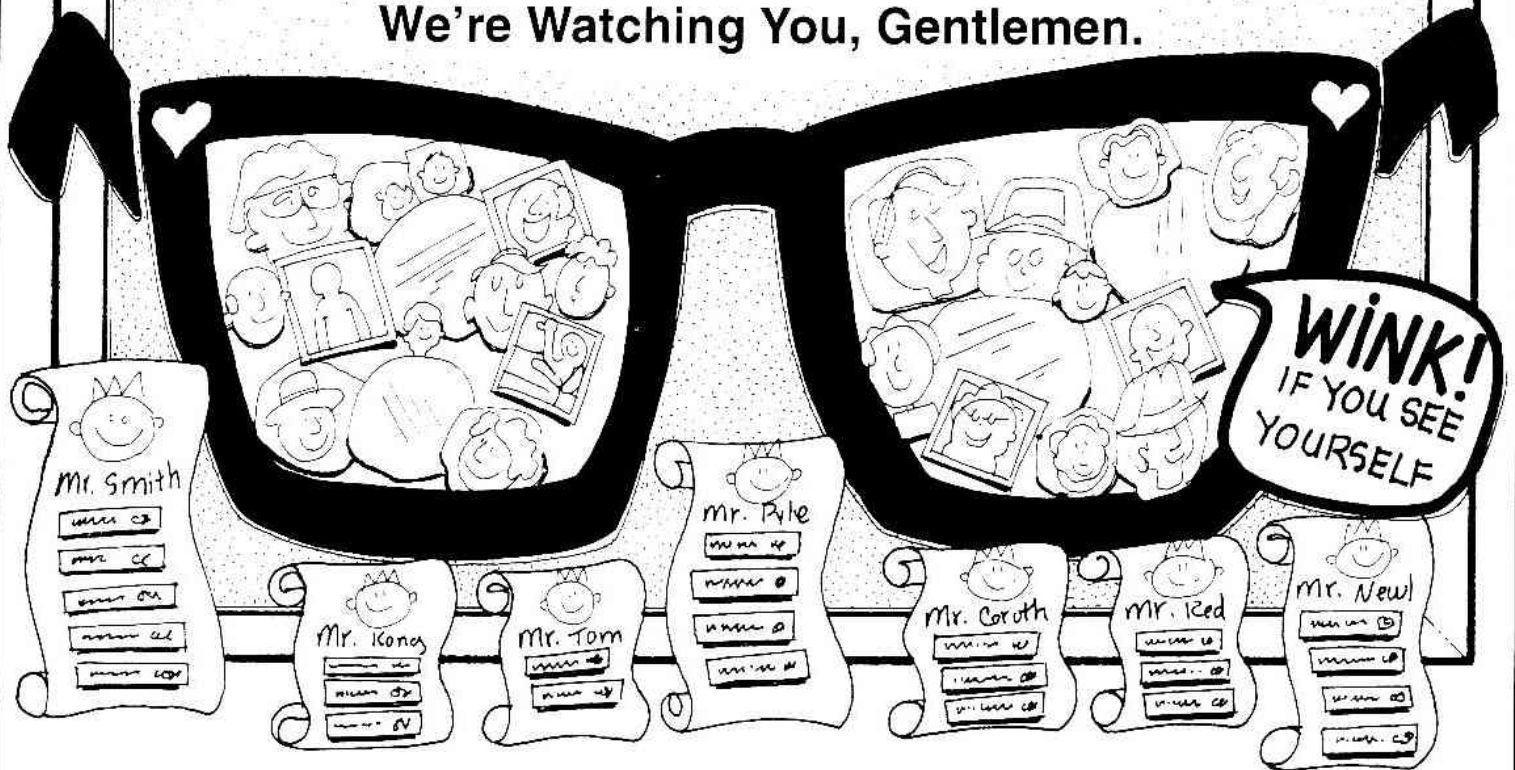
# King for the Day!

## Men-Watchers' Bulletin Board

by Sue Stegenga, Sacramento, CA

*By Royal Decree . . .*

**It's National Men-Watchers' Week  
We're Watching You, Gentlemen.**



### Directions:

1. Draw or enlarge the sunglasses above and place on the bulletin board.
2. Collect pictures and allow residents and staff to cut out pictures of men from magazines, newspapers, etc. Create a collage of gentlemen on each lense. Include snapshots of male clients and staff along with magazine men. For added interest, mount several small mirrors throughout the collage. The reflections might start conversations.
3. Make a long paper scroll for each man. Curl the ends. Either post the scroll on each man's door or on hall walls. Label each scroll with a man's name. You may wish to take instant photos of each man to glue to the top of his scroll.
4. Make a copy of page 22 for each woman. Help the women cut apart the compliments. Provide them with tape, glue, or a stapler so they can attach the appropriate compliments to each man's scroll. Encourage ladies to think of their own compliments and add those to the scrolls, also. It can be a secret admirer type activity to surprise the men.
5. Make sure each man has nearly the same total number of compliments. The staff may add to the scrolls as necessary to make certain each man has compliments on his scroll. The man receiving the most compliments should receive great fanfare and be crowned "King for the Day" at a large group meeting such as lunch or dinner.



# Men-Watchers'-Day Ballot

Cut apart each description. Attach the appropriate description on each man's scroll.

Warm Smile



Kind Eyes



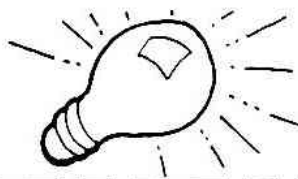
Cheerful



Outgoing

**Friendly**

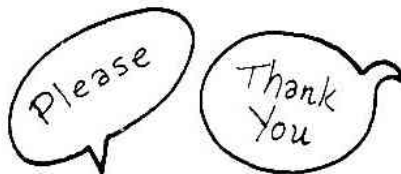
Creative



Intellectual



Polite



Honest

**Trust**

Good Listener



Patient

**Calm  
Steadfast**

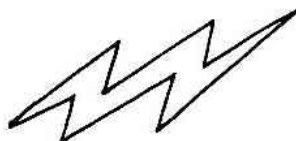
Thoughtful



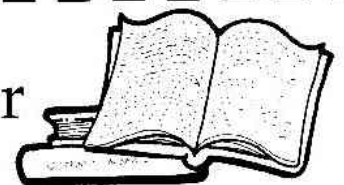
Optimistic



Energetic



Avid Reader



Conversationalist

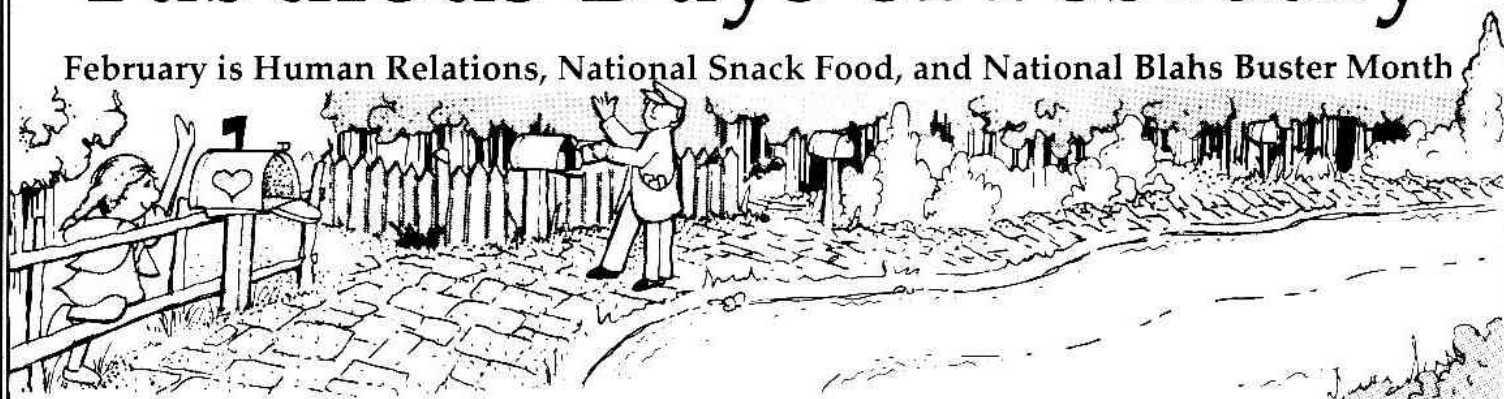


Helpful

**Assistance  
Aid**

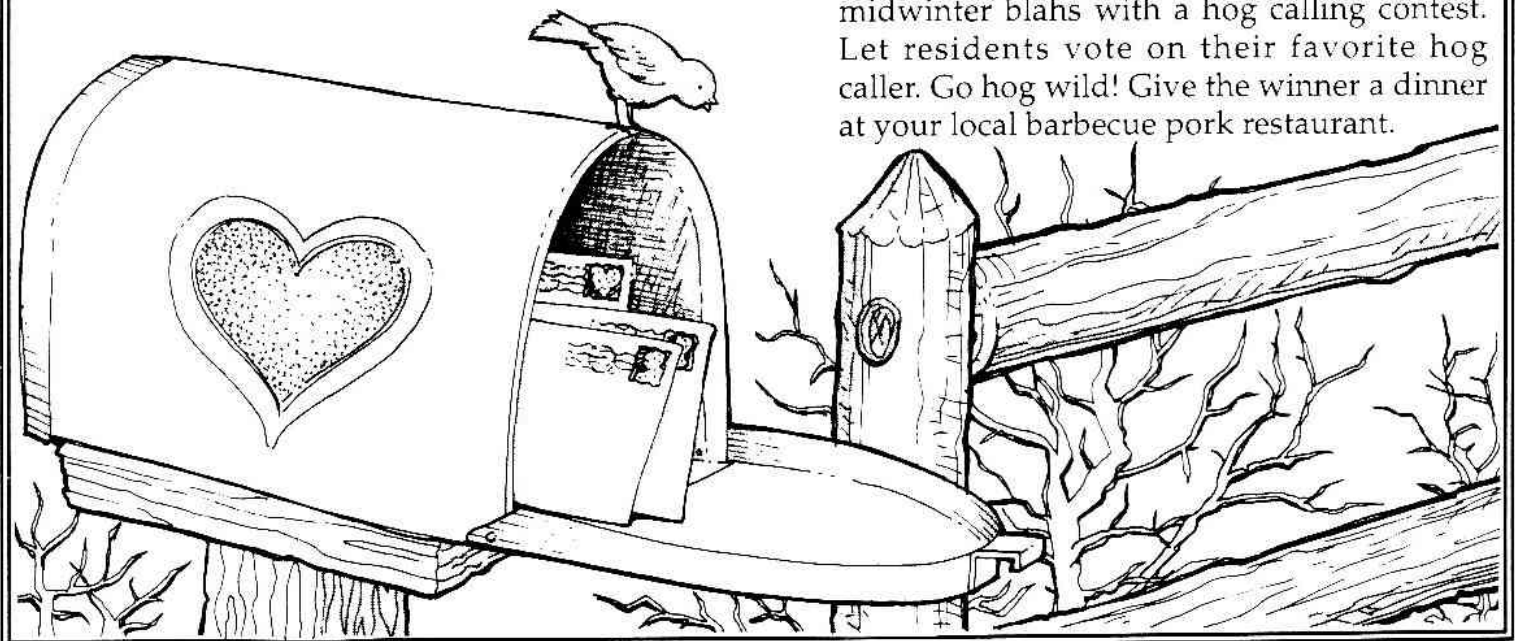
# Fabulous Days of February

February is Human Relations, National Snack Food, and National Blahs Buster Month



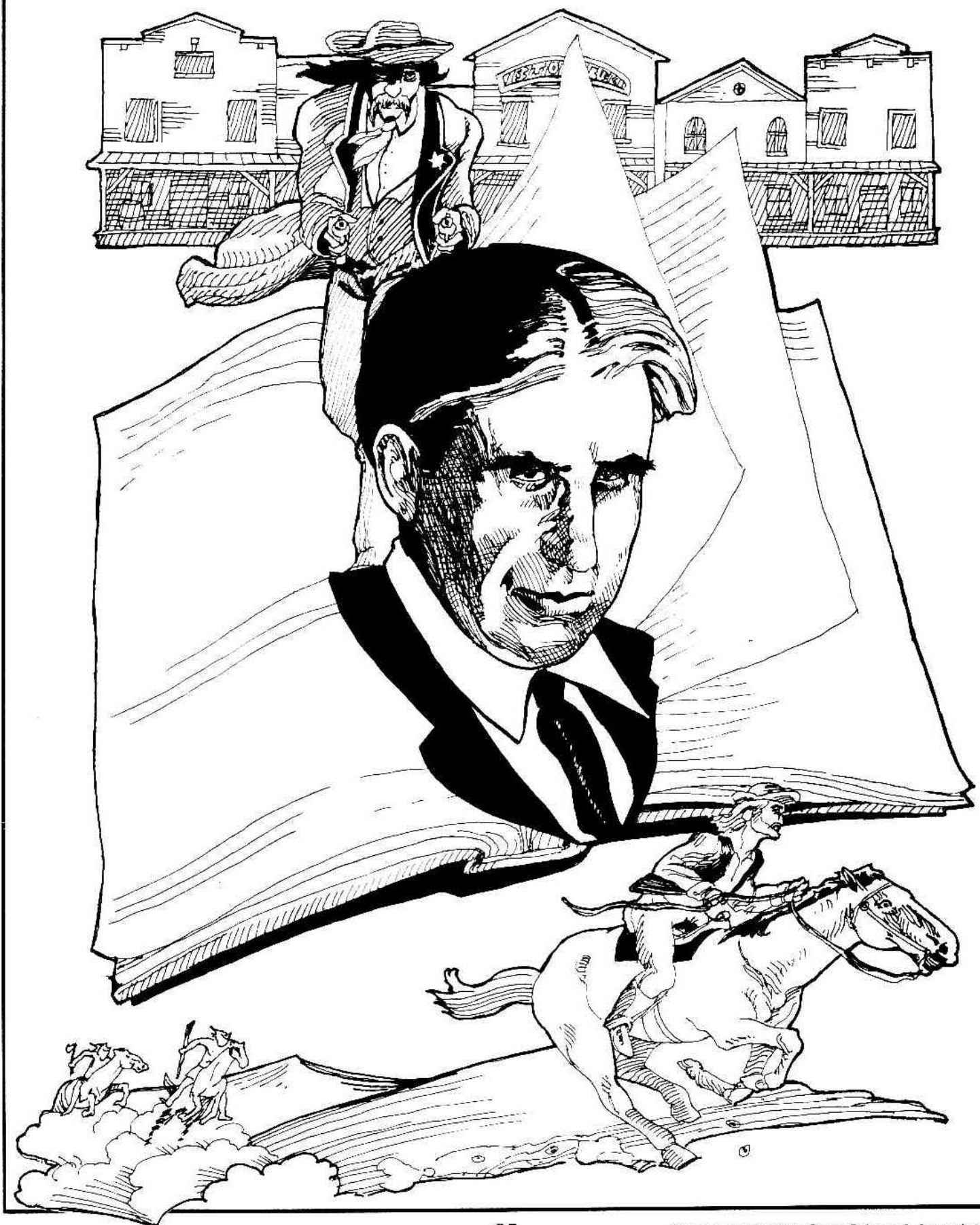
- 1 On this day in 1709 Alexander Selkirk, a Scottish sailor, was rescued from an uninhabited island in Juan Fernandez. His adventure formed the basis for Daniel Defoe's book, *Robinson Crusoe*. Encourage a group to meet to discuss life adventures, heroic rescues, and struggles to survive.
- 2 It's Groundhog Day! Show the video "Groundhog Day."
- 3 "Buddy" Holly, the rock and roll pioneer and legend, died in a plane crash on this day in 1959. Play some rock and roll music. Encourage residents to discuss their feelings about rock and roll and other types of music.
- 4 Today is the birthday of the United Service Organizations (USO) centers, founded in 1941. USO provided support worldwide for U.S. service people and their families. Play 40's music, serve cookies and coffee. Reminisce the USO!
- 5 Today commemorates the birthday of one of the first weathermen, John Jeffries. He was a Boston physician who kept detailed weather records from 1774 until 1816. Meet in small groups to reminisce: biggest storm I've ever been in, the hottest day I can remember, the most rain I've ever seen fall.
- 6 Happy Birthday to "Babe" Ruth, born on this day in 1895. The left-handed pitcher hit 714 home runs in 22 major league seasons and played in ten World Series. Form a group of sport enthusiasts to share baseball trivia.
- 7 Happy Birthday to Charles Dickens, born on this day in 1812. Wear the appropriate Mystery Birthday Badge on page 36.
- 8 The Boy Scouts of America was founded on this day in 1910. Invite some Boy Scouts to visit with residents. Perhaps the boys and seniors can share a Boy Scouts of America birthday cake decorated like an American flag.
- 9 Today is the birthday anniversary of Gypsy Rose Lee. Wear the appropriate Mystery Birthday Badge on page 36.
- 10 Today is the 102nd birthday anniversary of Jimmy Durante. Wear the appropriate Mystery Birthday Badge on page 36.
- 11 Around this time each year, a tavern in Maryland displays 19th century valentines and memorabilia. Set out an assortment of colored paper, scissors, glue, markers, paper lace doilies, and heart-shaped patterns so residents can make an assortment of valentines. See the valentine card holder on page 35.
- 12 Sing "Happy Birthday" to Abraham Lincoln, our 16th President.
- 13 Today is the anniversary of the first magazine published in America. Andrew Bradford published *The American Magazine* on February 13, 1741, just three days before Benjamin Franklin published *General Magazine*. To celebrate the first magazine, provide an assortment of magazines for residents to read.
- 14 St. Valentine's Day isn't just for young lovers. Today is a chance for everyone to say, "I Love You." See the list of ways on the poster. Spend the afternoon playing games and enjoying pink party snacks. Make this Valentine's Day the sweetest ever with the party tips found on pages 31-34.

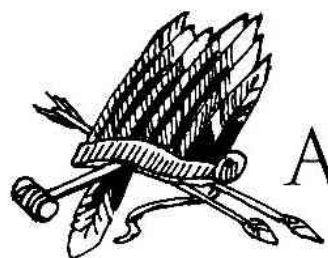
- 15 On this day in 1898, the American battleship, *Maine*, was blown up while anchored in Havana harbor. This inflamed the public and soon "Remember the *Maine*" became the war cry and a formal declaration of war against Spain followed. Hold a group meeting of war veterans who want to share their experiences.
- 16 Today is the birthday anniversary of Edgar Bergen. Wear the appropriate Mystery Birthday Badge on page 36.
- 17 The American Indian, Geronimo, was born on this day in 1829. Wear the Mystery Birthday Badge on page 36.
- 18 Today is Vanna White's birthday. Watch "Wheel of Fortune" tonight and sing "Happy Birthday" to Vanna! See Mystery Birthday Badge on page 36.
- 19 On the third weekend in February, there is a midwinter bluegrass festival in Hannibal, MO. Play bluegrass music and invite the residents to enjoy.
- 20 Around this time each year there is a Minnesota Sit and Spit Club convention and cherry pit spitting contest. A cherry pit spitting contest might be just what residents need to beat midwinter blahs. Present the winner with a few individually wrapped snack pies—cherry of course!
- 21 The last week in February is International Friendship Week. Today use the Zebra pattern on page 44 to promote friendship among residents.
- 22 Some states celebrate the birthday of George Washington today. Commemorate our first President's birthday with popcorn. Why popcorn? Because it was on this day in 1630, at the first Thanksgiving celebration, when a Native American named Quadequina introduced the colonists to popcorn. It was another hundred years before the first President of our country would be born and another 230 years before our sixteenth President, Abraham Lincoln, would proclaim Thanksgiving a national holiday.
- 23 Zip some fun into a Ziploc™ bag. See the ideas on page 43.
- 24 Go bowling tonight! See the Zippidy-Doo-Dah Bowling ideas on page 45.
- 25 Read the article, "Saturday Evenings Past," on pages 19 and 20! If you haven't already organized a checkers tournament, do it tonight!
- 26 Jackie Gleason was born on February 26, 1916. Wear the appropriate Mystery Birthday Badge on page 36. Show some old "Honeymooners" movies.
- 27 Around this time each year, there is a cardboard downhill derby in Arapahoe Basin Ski Area, CO. Teams design cardboard crafts to race down a black diamond ski slope. Provide pieces of cardboard, scissors, tape, glue, and string. Challenge residents to create a miniature craft.
- 28 In Oklahoma there is a hog calling contest around this time each year. Beat the midwinter blahs with a hog calling contest. Let residents vote on their favorite hog caller. Go hog wild! Give the winner a dinner at your local barbecue pork restaurant.





# ZANE GREY—A WESTERN LEGEND





# ZANE GREY

## A WESTERN LEGEND

by Helen Ann Thomas, Santa Maria, CA



*Riders of the Purple Sage . . . Wild Horse Mesa . . . Raiders of the Spanish Peaks . . . Code of the West.* What do these titles bring to mind? The wild, wooly West, of course! And which is the most "western" writer who comes to mind? Zane Grey, of course!

That's right—these are all names of books written by Zane Grey. He was one of the most prolific authors of the western, the book genre that is as American as apple pie.

We celebrate Zane Grey's birthday this month. He was born Pearl Zane Gray in 1872 in Zanesville, Ohio. The town was named for one of his mother's colonial ancestors. Our birthday boy dropped his first name, Pearl, when he began to be published, and he changed the "a" in his last name to "e."

During his lifetime, Zane Grey produced sixty books that were adapted for motion pictures, many of which you probably saw as a kid. Remember those Saturday afternoon double features—before television?

Even if you never picked up one of the many books bearing his name, you surely sometime in your life saw a movie based on his work. How could you miss it!

From his earliest days, Zane was determined to be a writer. He scribbled his first manuscript at age fifteen and was so proud of his accomplishment. That pride turned to anguish when his father came upon his papers, tore them up, and punished his son. Dr. Gray was as determined that Pearl would be a dentist as Pearl was determined that he would be a writer.

As it turned out, Zane became both. His strong arms served him well. They earned him seventy-five cents for each tooth he was able to extract effortlessly in his father's dental office. That is, until the state authorities made his father promise that the boy would not practice illegal dentistry! And Zane's strong arm served him well enough in baseball pitching to win him an athletic scholarship to the University of Pennsylvania where he earned a degree in dentistry in 1896.

Zane went to New York to set up his first dental practice. He wanted to be near the center of publishing. But his heart wasn't in dentistry. He wrote a number of stories about his true adventures hunting and fishing and about the West.

His first novels were rejected by Harpers, who would later snap them up eagerly. His wife, Linda, a New Yorker known as Dolly to her friends, really believed in him. She used an inheritance from her family to finance his early writing efforts, as well as the trips to Arizona and New Mexico that inspired him to write classics such as *Riders of the Purple Sage*.

After he became successful, Zane Grey devoted his life to exploring the West, traveling, outdoor activities, and writing the wonderful books and stories that have become his legacy to us. He died in 1939 in California. Happy Birthday, Zane Grey!

### Discussion Questions:

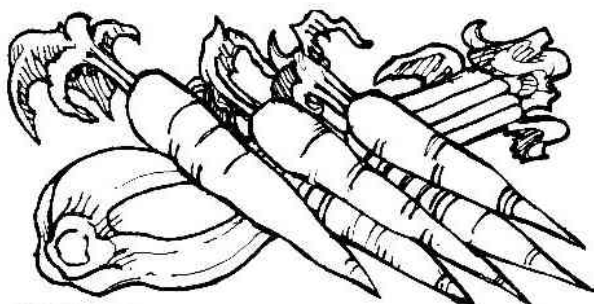
1. What does the name "Zane Grey" conjure up in your mind? Purple sunsets? Cactus? Wild horses?
2. Who was your favorite childhood cowboy star?
3. What do you like most about westerns—books and movies? That the "good guy" got the girl? The adventure? The long rides in the desert?
4. Name the states that comprise the "Old West." How many of these states have you visited?
5. How many Zane Grey books do you think you have read?
6. How many "western" songs can you name? Hum your favorite.

# Snacking: for Fun, for Nutrition, for Everyone

by Linda Karges-Bone, Ed.D.

Snacking . . . the habit that we spend most of our lives trying to break. Maybe not. There is a growing body of research that suggests that more frequent smaller meals or snacks may be more healthy, especially when the emphasis is on fresh foods, complex carbohydrates, and vitamin-rich sources.

Residents may enjoy the following ideas for using snacks as a source of energy and for sharing. A simple "snack-lover's quiz" is provided on page 28 for use as a kickoff to a program on healthy snacks or just for fun!



## Simple Snacks in a Pack

Carry along these healthy snacks on a car trip, a run to the shopping center or mall, on a walk or ride around the grounds. Use Ziploc™ bags for munchies or small, insulated totes for chilled items. (These can double as a change purse.)

- carrot and celery sticks
- sliced apples and pears sprinkled with cinnamon
- cans of chilled fruit juice and cheese cubes
- popcorn sprinkled with Parmesan cheese and herbs

## Gather for a Chat and Pick-Me-Up

Set out these "make your own" refreshments to go along with a guest speaker, or a book review session, or to celebrate a small victory for a resident.

- low-fat frozen yogurt and assorted fresh fruits for topping
- hot teas to try and toasted English muffins with assorted spreads
- a bowl of greens and creative toppings: sliced olives, croutons, peppers
- low-fat, low-salt crackers with assorted spreads
- Make your own ice-cream sodas (ice milks and diet sodas)



## Impromptu Picnic Outdoors

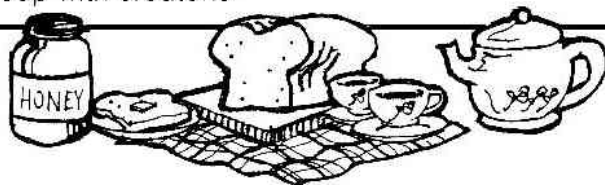
Gather outdoors for an afternoon of croquet, crafts, or visiting. Enjoy these energy boosters:

- date bread, sliced bananas and mayonnaise
- fruit kabobs on skewers
- iced fruit tea and savory crackers
- pretzels with mustard and ginger ale
- cups of soup with croutons

## Bedside Breaks

Wheel in a trolley of tempting treats to whet residents' appetites.

- orange juice float with ice milk and an orange slice
- yogurt with granola sprinkled on top
- butterscotch pudding and gingersnaps
- banana bread with warm honey-butter
- hot spiced tea and graham crackers



Snacking is a time to refresh and to socialize. Set out some munchies and try the Snack Time Quiz (page 28) to motivate conversation and appetites, and to find out what residents might like to try!



# Snack Time Quiz

Using only the letters found in the word SNACKER, create twelve words.  
Example: SACK. Work with a partner if you like.

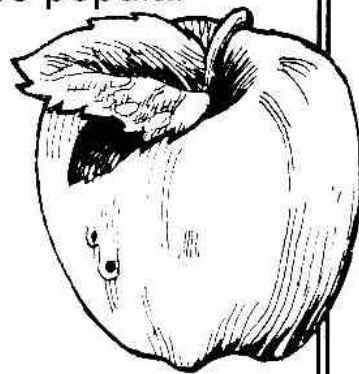
- |          |          |           |
|----------|----------|-----------|
| 1. _____ | 5. _____ | 9. _____  |
| 2. _____ | 6. _____ | 10. _____ |
| 3. _____ | 7. _____ | 11. _____ |
| 4. _____ | 8. _____ | 12. _____ |

Unscramble the words to find six popular snack foods.

- |                  |                  |
|------------------|------------------|
| 1. zrtpele _____ | 4. pplae _____   |
| 2. eeehcs _____  | 5. pid _____     |
| 3. rekcacr _____ | 6. nocppro _____ |

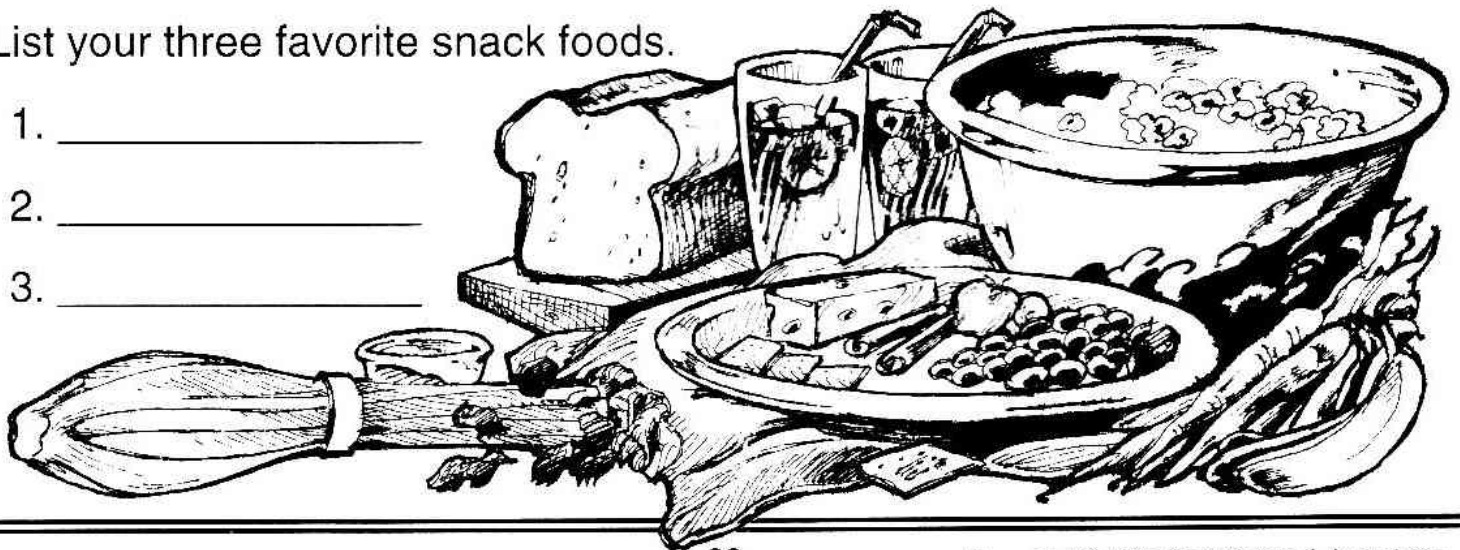
Snacking is part of our language. Fill in the blanks for these popular sayings about food.

1. I'm so hungry, I could eat a \_\_\_\_\_.
2. Pregnant women often crave \_\_\_\_\_.
3. I have cooked enough to feed \_\_\_\_\_.
4. If I had known you were coming, I would have \_\_\_\_\_.



List your three favorite snack foods.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



Reminisce

# Valentine's Day





# Valentine's Day



by Edith E. Cutting, Johnson City, NY

Valentine's Day! In the one-room school I attended through eighth grade, Valentine's Day was a bright spot in the middle of winter. For at least a week and sometimes longer, we planned and cut, pasted and colored the valentines to be delivered on that special day—and wondered who would send us one!

Sometimes there were sheets of hearts, flowers, and pretty girl pictures that we could punch out carefully and stick onto construction paper hearts or squares. (Did the teacher, our parents or their friends provide those? I don't remember.) Other times we cut pictures from Sears, Roebuck & Co. or Montgomery Ward catalogs, or we drew them ourselves.

The valentine I still remember—I kept it for years—was cut in the shape of a beehive. Inside were printed the words, "Honey bee my valentine!" I was pretty sure who made it, and I thought it so clever of him!

Others had similar ideas, but not so good. I was sure. One friend had a picture of a calf and inside, the words "I'll love you till the cows come home!"

Maybe some of these sentiments came originally from "bought" valentines. (Recycling didn't begin yesterday.) Everyone treasured the glossy valentines from the grocery store. They were extra special, for they cost a penny!

Friends have told me their classrooms had beautifully decorated "postboxes" from which the cards were delivered. One lady who is almost one hundred years old recounted the joy she felt at receiving a big stack of valentines, but joy tempered with pity for a bratty little boy who hadn't received a single one.

I remember the secrecy with which special valentines just appeared on our desks. Sometimes they had been passed through several hands before they were slipped under a book or stood up behind the inkwell, while the recipient wasn't looking—or at least pretended not to be!

Besides the paper valentines, there had to be cookies, to make the day complete. I remember my grandmother's rolling out the white cookie dough. Sometimes, I was allowed to use the heart-shaped cookie cutter, or the one with scallopy edges. Then she put the cookies on the tin and slipped it into the oven of the big black wood stove. Sometimes the cookies were decorated with red sprinkles or with one little red cinnamon heart in the center. We ate slowly around the cookie to save that for the last bite!

Ah, Valentine's Day! What do you remember?

## Discussion Questions:

1. What was your most memorable Valentine's Day card?
2. Do you remember your first boy/girl friend's name? What did he or she look like? What did you do together?
3. How did you celebrate Valentine's Day when you were in grade school?
4. Did you ever bake heart-shaped cookies with your children when they were young? Grandchildren?
5. If you could get a Valentine's Day card from anyone in the world, whom would you choose?
6. What is your favorite gift to receive on Valentine's Day?

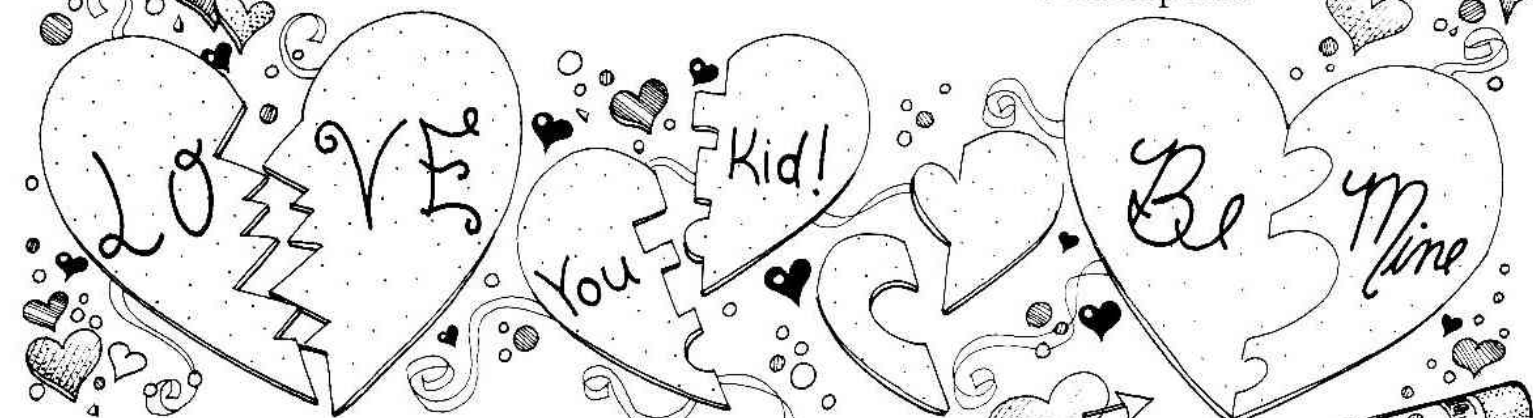




# Heart-to-Heart Valentine's Party

by Susan Julio, Niceville, FL

"Love comforteth like sunshine after rain." . . . Shakespeare



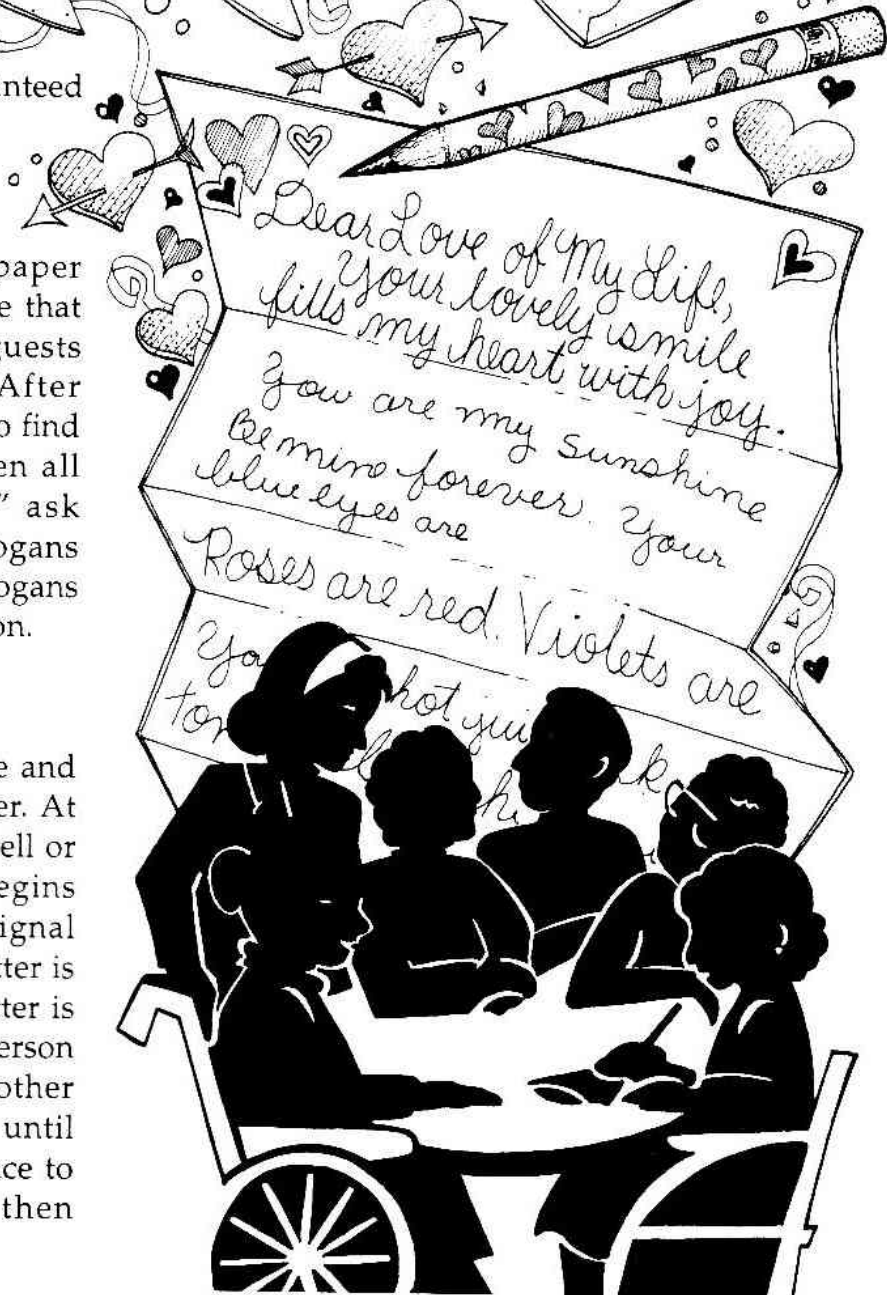
This Valentine's Day celebration is guaranteed to warm everyone's heart!

## Let's Get Acquainted!

Trace and cut out pink construction paper hearts. Cut each heart in half, making sure that no two hearts are cut exactly alike. As guests arrive, give each one half of a heart. After everyone has a heart half, signal everyone to find the matching half of his/her heart. When all "broken hearts" have been "mended," ask partners to come up with candy heart slogans (such as *Oh, You Kid!* or *Be Mine*). Write slogans on the hearts and tape to a wall for decoration.

## Love Letters

Divide players into teams of six or more and provide each team with a pencil and paper. At the sound of the signal (such as ringing a bell or blowing a whistle), one team member begins writing a "mushy" love letter until the signal sounds again. At that time, the top of the letter is folded over to cover the writing and the letter is passed on to the next team member. That person continues writing the love letter until another signal is given to stop. Writing continues until each member of the team has had the chance to add to the letter. Finished letters are then unfolded and shared with the group.



## Heart Strings

Players form circles of eight members or less. One person in each circle is chosen to be "It" and is given a ball of string (the heart string). "It" ties the end through a button hole or belt loop. At the signal, he/she wraps the string around his/her chest and passes the ball to the next player who wraps the string around a different body part. The ball is passed around the circle until all players have had a chance to wrap the string around a part of his/her body. When the last player wraps the string, he/she immediately stops and begins to unwind the string, handing the ball to the next player who does the same. The first team to completely wrap and unwrap themselves is declared the winner.

## Songs of the Heart

Give each player a pencil and paper. Challenge players to see how many songs with the word "heart" they can list in two minutes. "Your Cheatin' Heart," "Young at Heart," "Heart and Soul" are just a few. The person with the most titles is declared the winner.

## I Love My Alphabet Memory Game

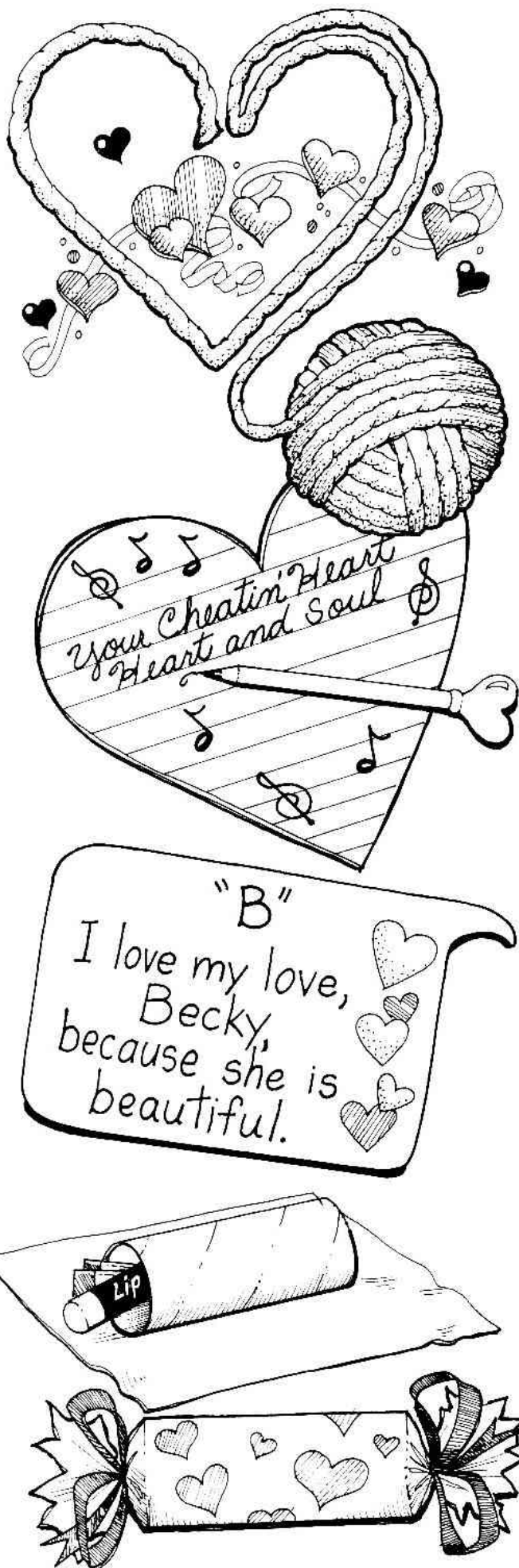
Players form a circle. The first player recites the following lines, filling in the blanks with words that begin with "A." I love my love, (Anthony), because he is (able.) The next player repeats what the first player said and adds a new line using words that begin with the letter "B." I love my love, Becky, because she is (beautiful). Each consecutive player must repeat all the lines of the players before them in addition to adding a new line with the next letter of the alphabet.

## Sweet Talk Word Search

Provide each guest with a copy of the word search on page 34 and a pencil. Answers are found on page 47.

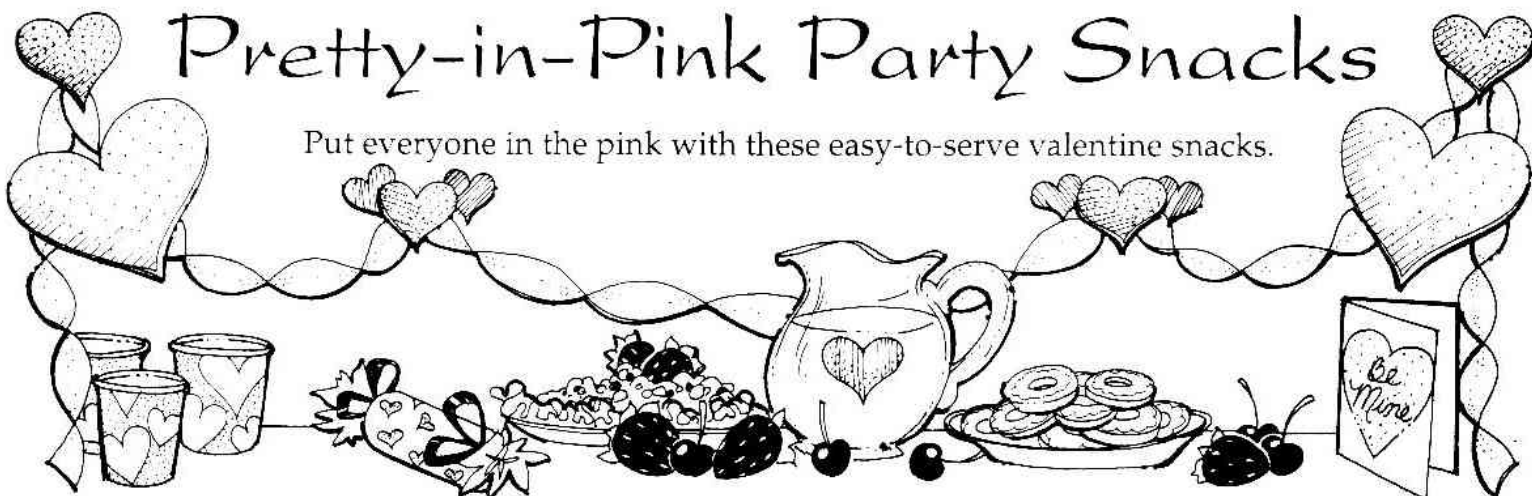
## Game Prize or Party Favor Ideas

Fill empty toilet tissue tubes with individually wrapped chocolates, chewing gum, lozenges, lip balm, pen, small bottle of hand lotion, postage stamps, or words of encouragement written on pink paper. Wrap each tube in pink tissue paper and tie off both ends with red ribbons.



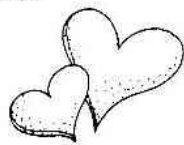
# Pretty-in-Pink Party Snacks

Put everyone in the pink with these easy-to-serve valentine snacks.

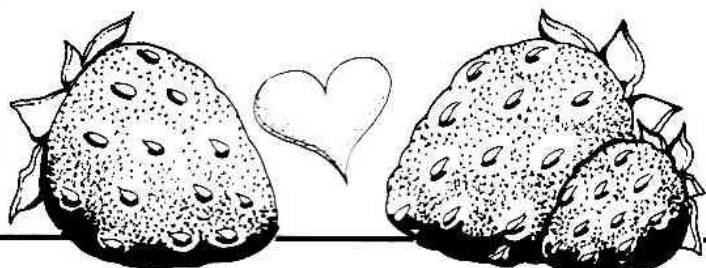


## Strawberry Salad

32 oz. canned pear halves  
(drained and chopped)  
1 pint frozen strawberries  
4 tablespoons of grenadine syrup  
1 pound green grapes

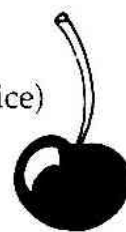


Thaw strawberries and combine with grapes, pears and syrup. Toss lightly. Serve over cottage cheese or on lettuce leaves.

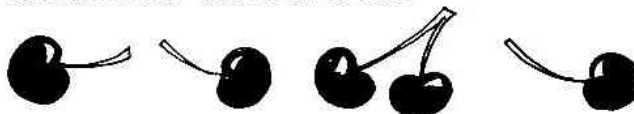


## Old Fashioned Pink Lemonade

16 lemons  
1 1/3 cups sugar  
1/4 cup maraschino cherries (plus juice)  
8 cups water  
4 tablespoons lemon concentrate



Cut lemons into thin slices and layer in a bowl with sugar. Let stand for 15 minutes. Crush lemons with the back of a spoon to extract juice. Remove lemon rinds and add water, cherries, cherry juice, and lemon concentrate. Serve over ice.



## No-Bake Peppermint Hearts

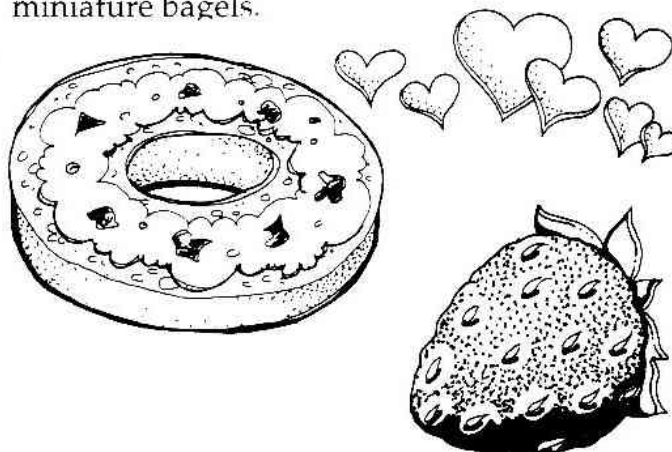
7 oz. sweetened condensed milk  
1 teaspoon peppermint extract  
6 drops red food coloring  
16 oz. confectioners' sugar



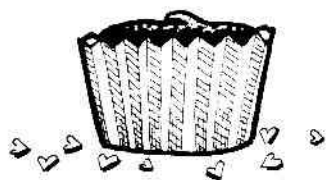
Combine condensed milk, peppermint extract, and food coloring in a large bowl. Stir in confectioners' sugar. Turn dough out on a surface sprinkled with confectioners' sugar and roll out to a 2-inch thickness. Cut pieces out with tiny heart-shaped cookie cutter and place on a serving platter. Cover with plastic wrap and chill one hour. Makes two to three dozen.

## Mini Bagels & Cream Cheese

Blend 3 ounces of softened cream cheese with 2 tablespoons of strawberry preserves. Chill one hour. Spread over toasted miniature bagels.







# Sweet Talk



Find and circle the following words:

honey

caress

sweetheart

darling

kiss

hug

love

snuggle

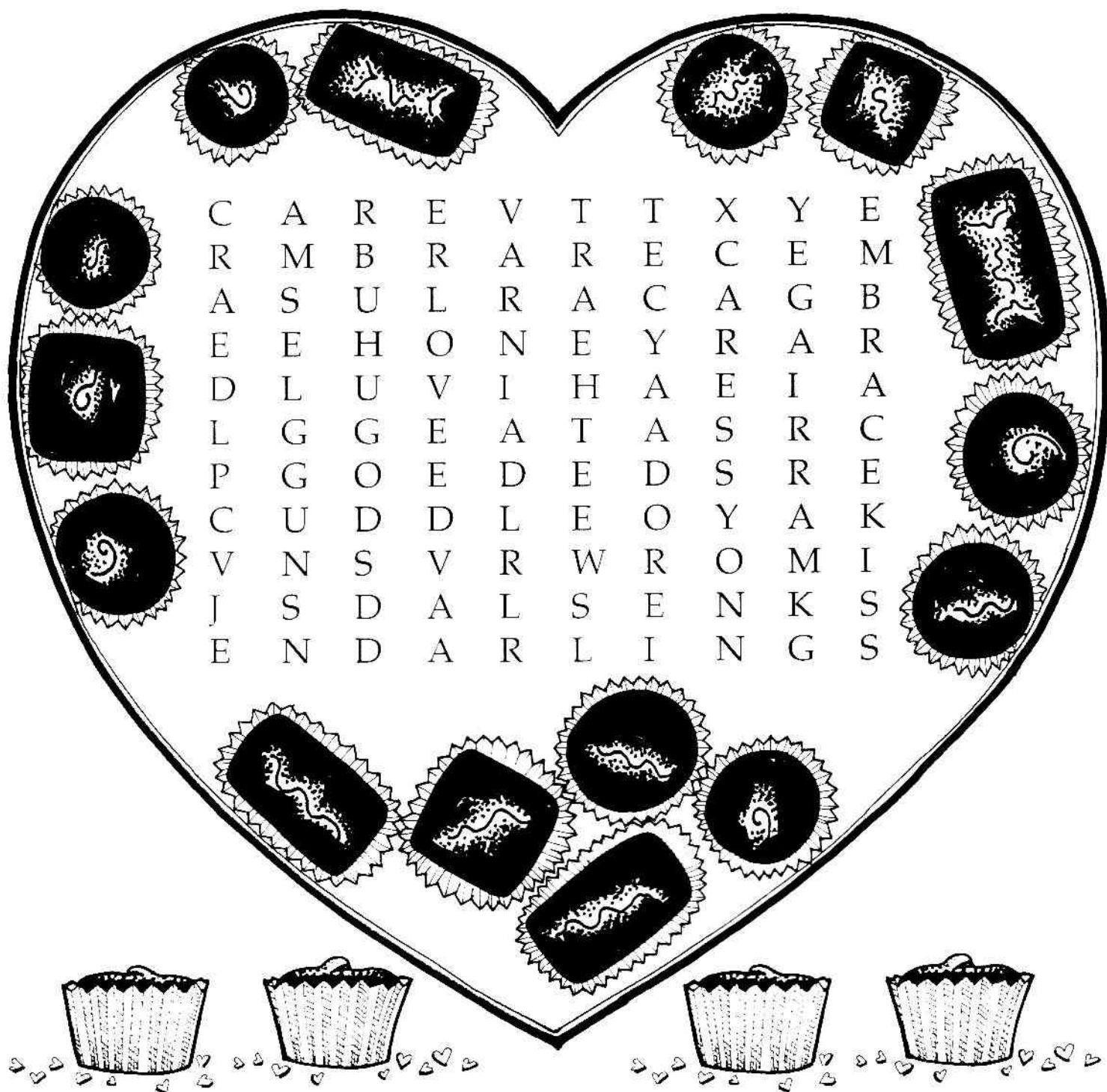
marriage

dear

embrace

cuddle

adore

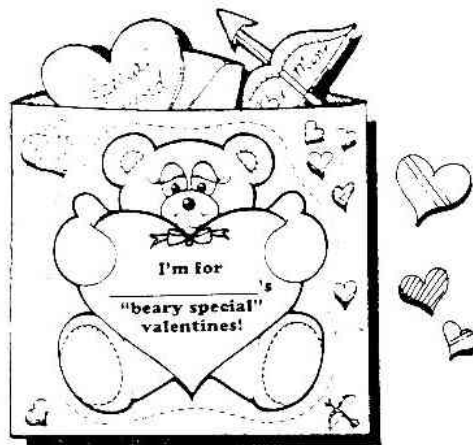


# Valentine's Day Crafts

by Sue Stegenga, Sacramento, CA

## Teddy Bear Valentine Holder

Make a copy of the teddy bear pattern for each resident on pink or red paper. Cut out a bear for each resident or let them cut out their own. Help each resident glue a bear on a pocket which is made by removing the top end edge of a large manila envelope. Some residents may wish to color the picture or decorate it with glitter and add trims, such as a tiny ribbon bow tie, rolling eyes, and a pom-pom for a nose. Tape to the resident's door or other place such as an assigned dining room chair. Other residents and staff members may fill the pocket with cards and "secret pal" surprise gifts.



# Mystery Birthday Badges

Mystery Birthday Badge suggestions will appear in many up-coming issues of *A New Day*. They are designed to help residents become more alert. When residents see someone wearing a badge, they will know that they have an opportunity to put on their thinking caps and use clues to figure out whose birthday it is. If someone knows the answer or even has a conversation with you about the question on the badge, reward him/her with kind words, a piece of candy, or an appropriate prize. Reproduce enough badge shapes on brightly colored, heavy paper for each caregiver. Use a wide-tip black marker to write the clue on the badge. Have caregivers wear badges on the indicated days.

**January 7:** The birthday mystery man was the thirteenth President of the U.S. He ran as a candidate of the "Know-Nothing Party." (Millard Fillmore)

**January 10th:** Today's mystery birthday person is a singer who was famous for this first line in an early 70's song: "Wake up, Maggie. I think I have something to say to you." (Rod Stewart)

**January 21:** Which famous golfer was born on this day in 1940? He is the only U.S. golfer who used Pennsylvania Crude exclusively in his tractors. (Jack Nicklaus)

**January 25:** What beloved Scottish poet wrote, "Oh, wad some Power the giftie gie us/To see oursels as ithers see us!" (Robert Burns)

**January 27:** What American composer wrote "Ol' Man River," "Smoke Gets in Your Eyes," "The Way You Look Tonight," and "The Last Time I Saw Paris"? (Jerome Kern)

**January 30:** This mystery birthday person was the 32nd President and the only President to serve more than two terms. Who was he? (Franklin Delano Roosevelt)

**February 7:** This famous author penned *A Christmas Carol* and *Oliver Twist*. (Charles Dickens)

**February 9:** This American author's real name was Rose Louise Hovick. Her autobiography, *Gypsy*, was made into a Broadway musical and motion picture. (Gypsy Rose Lee)

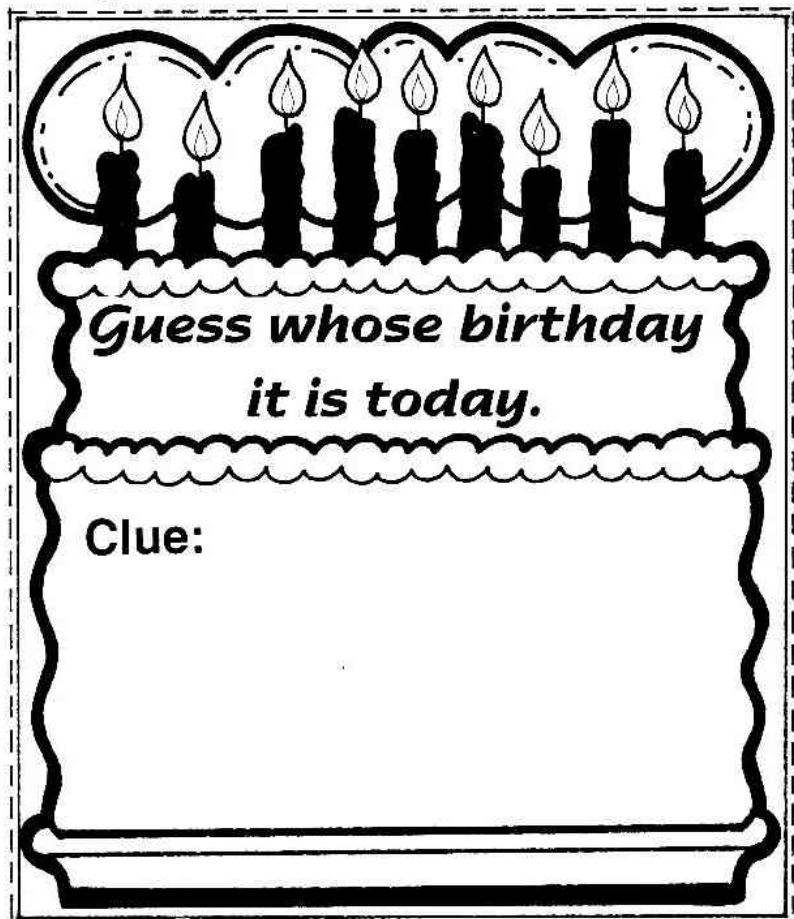
**February 10:** He's famous for ending each of his television shows with these words: "Good night, Mrs. Calabash, wherever you are!" (Jimmy Durante)

**February 16:** He was an actor, radio entertainer and ventriloquist. He was known for being the voice of Charlie McCarthy, Mortimer Snerd, and Effie Klinker. (Edgar Bergen)

**February 17:** He was a Native American born on this day in 1829. It took 5,000 men to recapture him after his first escape. (Geronimo)

**February 18:** This game show hostess' first name has two vowels. (Vanna White)

**February 26:** On TV he played Ralph Kramden. (Jackie Gleason)

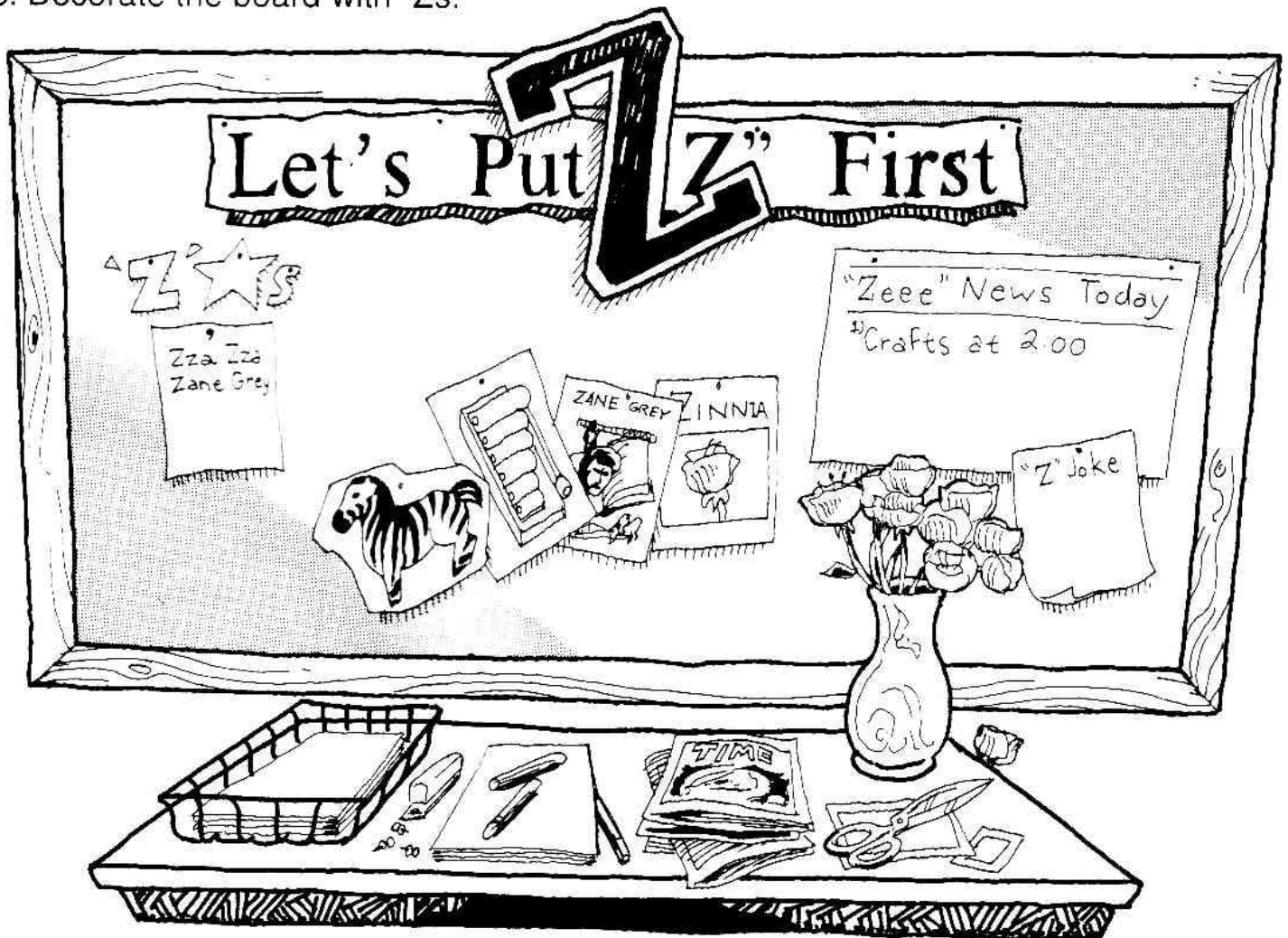




# Let's Put "Z" First

This bulletin board should serve as a focus point for information and culmination of the two-month-long project. Place "Z" puzzles in wire baskets, old magazines for cutting and pasting, scissors, markers, and stapler on a table near the board. Residents can:

1. Create a community "Z" picture collage. Cut out pictures of "Z" things from old magazines and staple them to the board.
2. Attach photos on the board of people whose name begins with "Z." Or print the names of friends and relatives or celebrities with "Z" names and attach them to the board.
3. Choose one of the "Z" puzzles from the table and return completed puzzles. Provide an "in" basket on the table near the board for completed puzzles.
4. Read "Zeeee" news for the day. Post happenings on the board.
5. Contribute to a list of "Z" words.
6. "Graffiti" any random thoughts about the letter "Z."
7. Attach jokes or riddles about the letter "Z."
8. Decorate the board with "Zs."



# "Z" Mystery Person Scramble

Read each mystery person's clues and then unscramble his/her first and last name. Each mystery person was born in January and has the letter "Z" in his/her name. If you do not know the answers, take a guess, ask a friend, or use an encyclopedia.

1. This Swiss author was a preacher and a politician. He was born on January 1, 1481. He was killed while serving as a military chaplain in the Second War of Kappel.

**hcirIU Zwiilgn** \_\_\_\_\_

2. This football coach was born in West Virginia, on January 6, 1937.

**ouL olHzt** \_\_\_\_\_

3. This former boxer was born in South Carolina, on January 12, 1944.

**Jeo rzeriaF** \_\_\_\_\_

4. This philosopher, musician, physician was the winner of the 1952 Nobel Peace Prize. He was born on January 14, 1875.

**Aterlb zreShcwiet** \_\_\_\_\_

5. This former professional baseball player and manager was born in Cincinnati, Ohio, on January 17, 1931.

**nDo mermiz** \_\_\_\_\_

6. This American author was first a dentist. He wrote numerous stories about the American western frontier. He was born in Zanesville, Ohio, on January 31, 1872.

**naZe eGyr** \_\_\_\_\_

7. This famous lady golfer was born on January 6, 1957.

**Nncay ozpeL** \_\_\_\_\_

8. This former astronaut was one of the first three men on the moon.

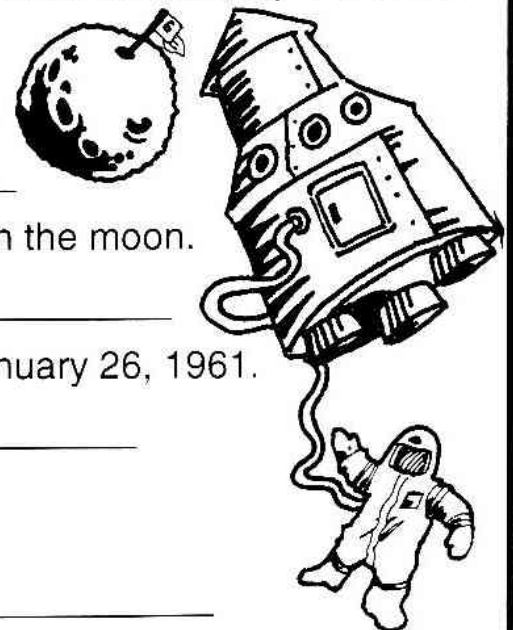
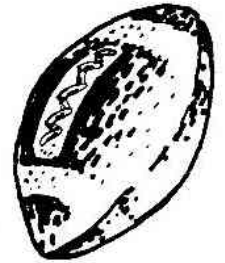
**Endiw "zzBu" dalrin** \_\_\_\_\_

9. This famous hockey player was born in Canada on January 26, 1961.

**yenaW zkyGter** \_\_\_\_\_

10. This actress was born on January 31, 1937.

**Sanenuz IsheeettP** \_\_\_\_\_



# From Zurich, Zaire to Zuider Zee Village of Zwatzdam

Can you find your way through the maze? If you make short zigzags, it will be easier to find the correct path. Once you find the path with your finger, mark it with a pencil. Color the picture if you like.





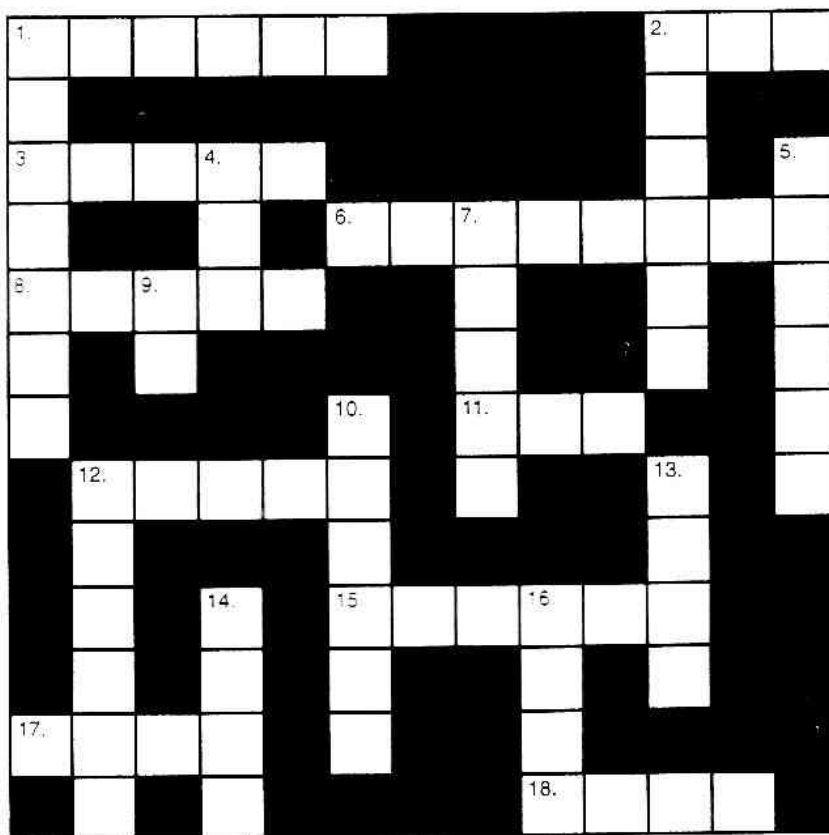
# "Z" Crossword Puzzle

## Across:

1. short, sharp turns or angles
2. to move fast from place to place
3. a flat, dough pie topped with cheese, tomatoes, meats, etc.
6. a summer squash
8. faintly blue form of oxygen
11. where you can view exotic animals
12. striped horselike animal
15. country of South America
17. less than one
18. snug, comfortable

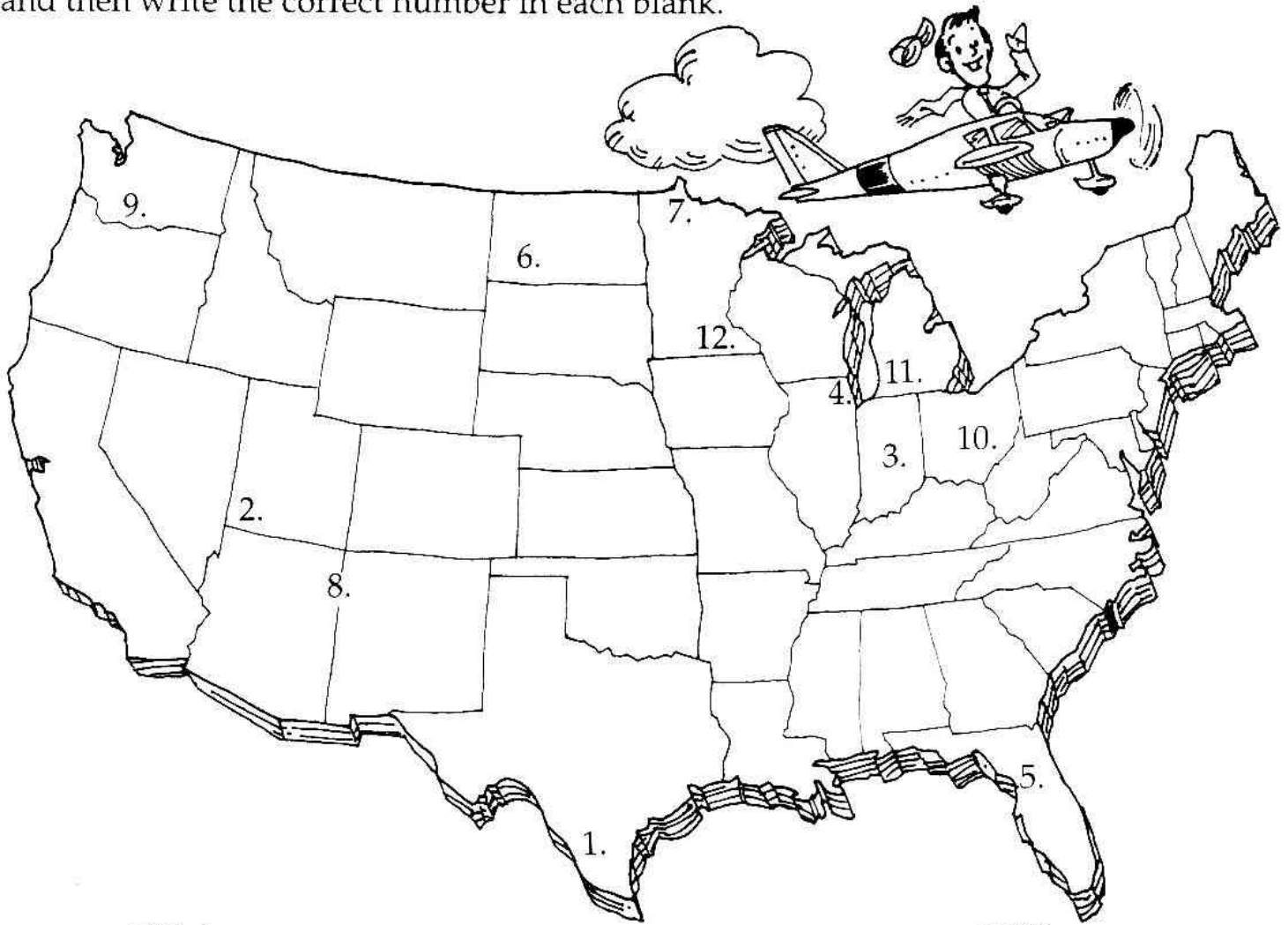
## Down:

1. 5 digit number in your address
2. Capricorn and Leo are two of its signs
4. a Buddhist religion
5. a flower
7. insane, erratic
9. land where Dorothy and Toto met a wizard
10. an African nation formerly called Northern Rhodesia
12. a musical instrument having 30 or 40 strings
13. an African tribe
14. type of camera lens
16. a chemical element

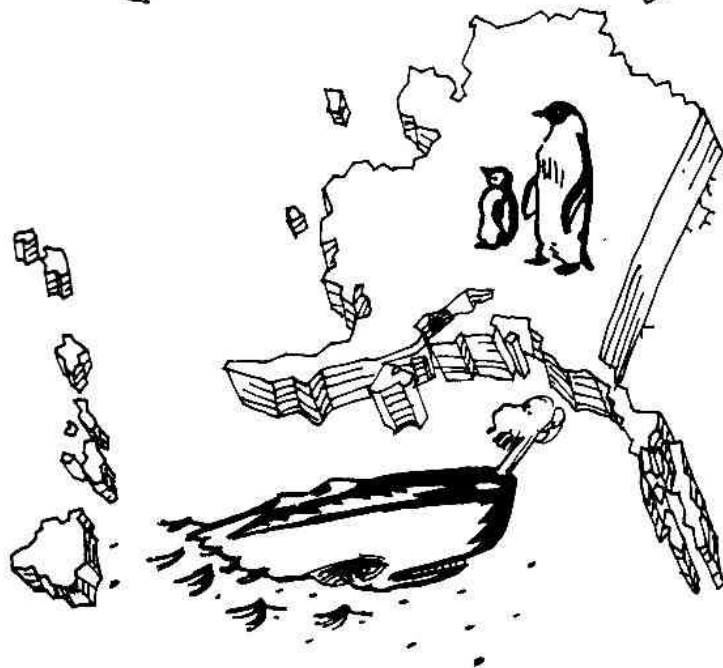


# Where in "Zeee" U.S. Am I?

What number on the map represents each of the following places? Study the map and then write the correct number in each blank.



- \_\_\_ Zillah
- \_\_\_ Zephyrhills
- \_\_\_ Zuni Indians
- \_\_\_ Zion
- \_\_\_ Zionsville
- \_\_\_ Zion National Park
- \_\_\_ Zap
- \_\_\_ Zippel Bay State Park
- \_\_\_ Zapata
- \_\_\_ Zanesville
- \_\_\_ Zeeland
- \_\_\_ Zumbrota



# Scrambled "Z" Words Official Contest Entry

How many of these "Z" words can you unscramble? You don't have to know them all. Just unscramble as many as you can, and be sure to turn in your official contest entry. You just might be "zeeee" big winner!

- |       |               |       |              |
|-------|---------------|-------|--------------|
| _____ | 1. ggaizz     | _____ | 17. ziebmZa  |
| _____ | 2. szte       | _____ | 18. maaiZb   |
| _____ | 3. oezr       | _____ | 19. nazy     |
| _____ | 4. eithzn     | _____ | 20. lzae     |
| _____ | 5. Zne        | _____ | 21. laeozt   |
| _____ | 6. zaiebackw  | _____ | 22. aebrz    |
| _____ | 7. Ziuchr     | _____ | 23. eubz     |
| _____ | 8. uulZ       | _____ | 24. Zaeibbmw |
| _____ | 9. cicihunz   | _____ | 25. cizn     |
| _____ | 10. oozm      | _____ | 26. aiinnz   |
| _____ | 11. yloozgo   | _____ | 27. Zoin     |
| _____ | 12. zicaloolg | _____ | 28. pzi      |
| _____ | 13. ooz       | _____ | 29. PIZ cedo |
| _____ | 14. noez      | _____ | 30. eipprz   |
| _____ | 15. zeiobm    | _____ | 31. conizr   |
| _____ | 16. aiocdz    | _____ | 32. eithrz   |





# Zippy, Ziploc™ Bags

Ziploc™ bags can be used for many interesting things besides storing food.

## Therapeutic Glittery Gel Bags

Put three or four tablespoons of hair gel and some glitter, sequins, and beads in a Ziploc™ bag. Then zip closed. Let residents squeeze and press designs in the bag of jell. It is fun and good for strengthening hand and finger muscles.

## Organizing Personal Belongings

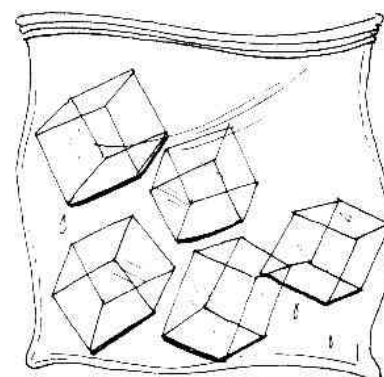
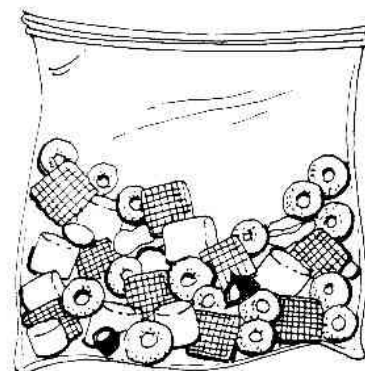
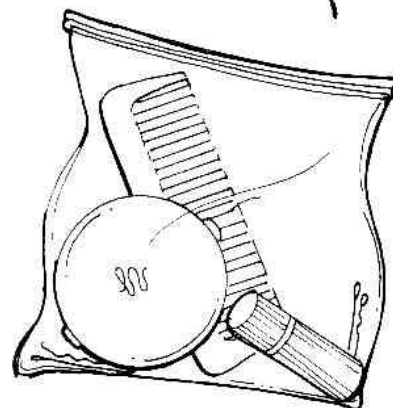
In a situation where residents do not have a lot of storage space for organizing personal belongings, Ziploc™ bags can provide easy-to-use storage compartments. Cosmetics such as lipstick, lip balm, hand lotion, and perfume can be stored in bags and placed in bedside drawers along with a small hand mirror. For the men residents, cologne and after-shave lotion can be stored in the same handy way. Small notecards, envelopes, stamps, a pen, and a small address book can be organized in bags to make letter writing more convenient. Letters and greeting cards that residents receive can also be organized in a bag for safe keeping. Photographs can be kept clean and stacked in a bag. The residents will find many other uses for Ziploc™ bags, so make sure they all have an adequate supply for organizing their belongings.

## Snack Bags

Ziploc™ bags are great for storing snack foods. Trail mix will stay fresh for weeks when sealed in a plastic bag. To make a large batch, place equal portions of any of the following in a large bowl: nuts, dry cereal squares, chopped dried fruit, raisins, miniature marshmallows, coconut flakes, and chocolate chips or other cookie chips (butterscotch, peanut butter, etc.). Stir and package small portions in individual Ziploc™ bags. Residents can have a healthy treat near to satisfy early morning munchies or late night hunger pangs.

## Mini Ice Bags and Hot Water Bottles

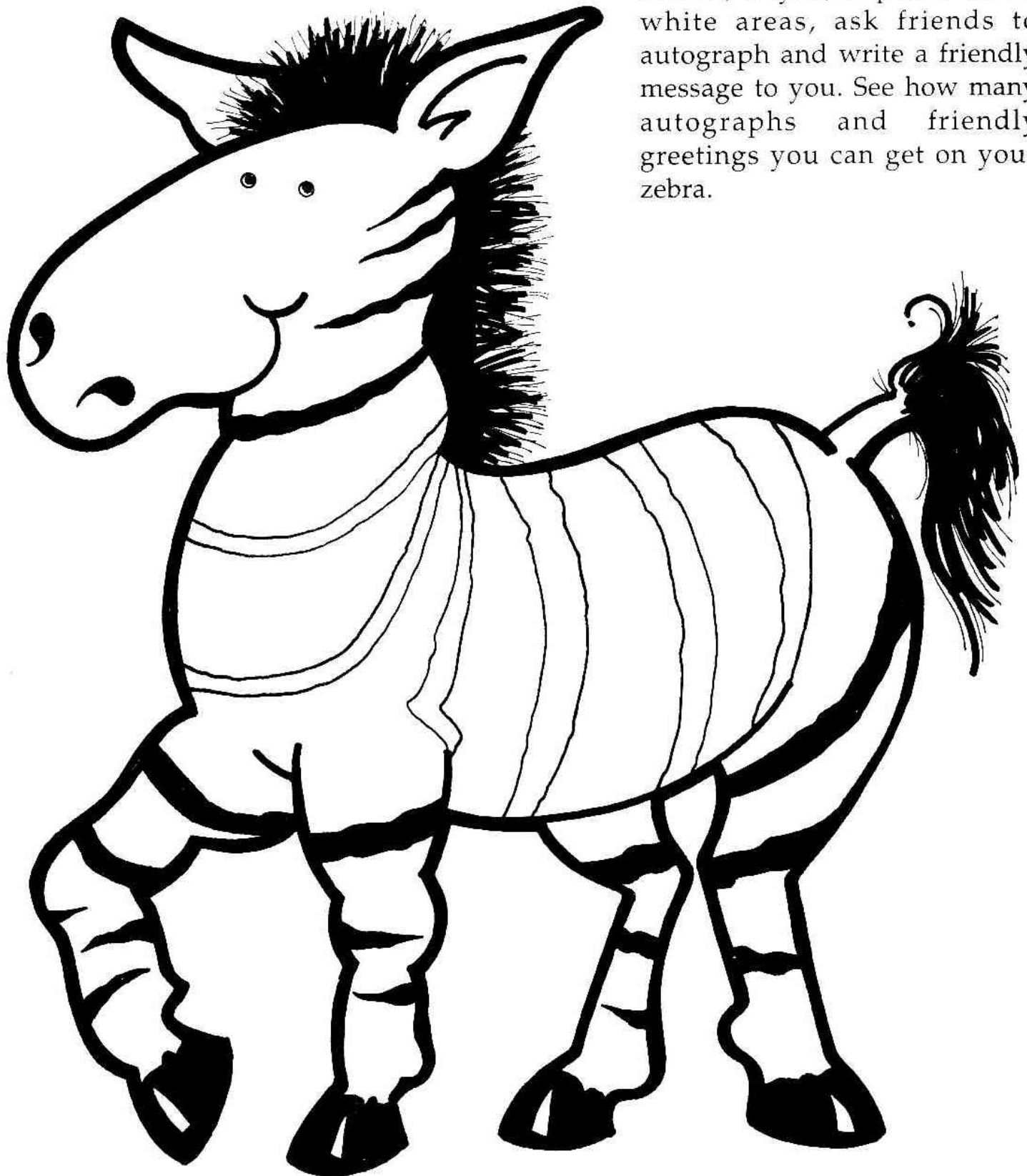
Never go on an outing without Ziploc™ heavy duty freezer bags. Ice can be placed in such a bag to make a quick emergency ice pack. Ziploc™ heavy duty freezer bags can also be used to make mini hot water bottles. Fill bag half full of water. Seal and place in microwave for two minutes. To make sure the bag doesn't leak, double wrap by placing inside another Ziploc™ bag and seal again. It can be placed on a sore muscle but should not be sat upon or placed under pressure. Stays warm about an hour.



# "Z" Is for Zebra

To celebrate International Friendship Week, complete the zebra below. You may choose to glue goo-goo eyes on your zebra. Blacken every other area with black

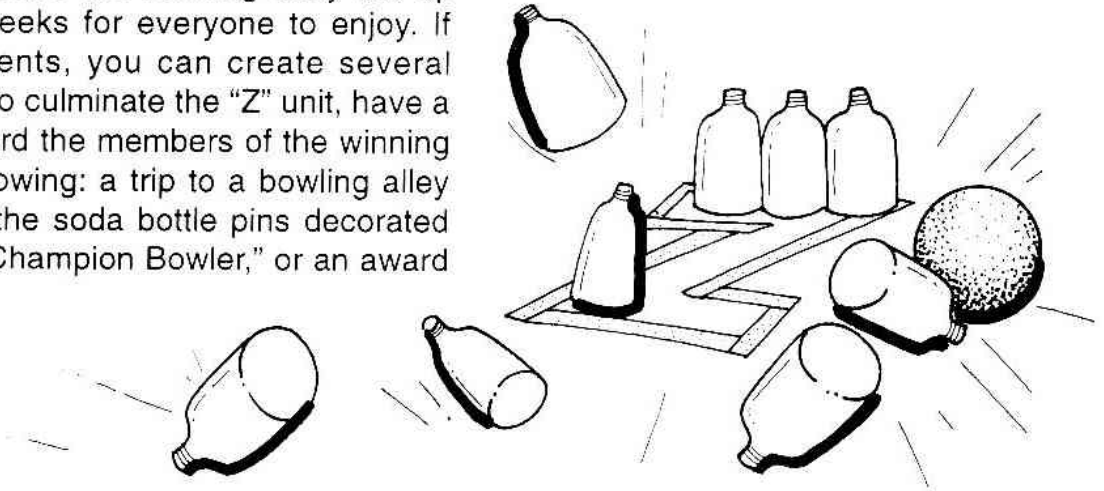
marker, crayon, or paints. In the white areas, ask friends to autograph and write a friendly message to you. See how many autographs and friendly greetings you can get on your zebra.



# Zippidy-Doo-Dah Bowling

To play Zippidy-Doo-Dah Bowling, all you will need are ten empty 2-liter plastic soda bottles and a Nerf™ or beach ball. Wash bottles. Tape off bowling alley on large floor area. At the end of the alley area tape off a big letter "Z." Position plastic bottles in the "Z" zone! Take turns rolling ball down the alley. Practice a few rounds. Then form teams. Each team can give themselves a "Z" name. Example: Zippy Zoros, Zany Zebras, etc. Keep score as in a regular bowling game. If you do not know how to score bowling, one of the residents who was a bowler can keep score for the teams.

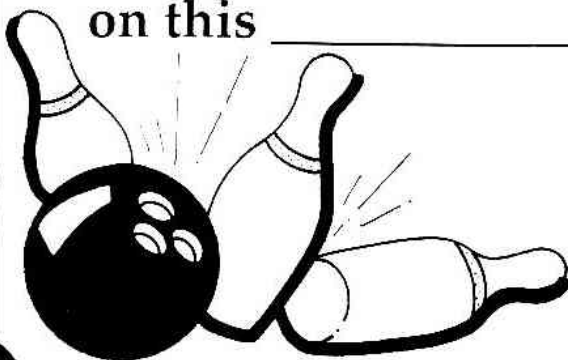
Just for fun, keep score on a Z-shaped pad made from large posterboard or art paper mounted on cardboard. Serve a snack of "zuice" (juice), zucchini bread or cake, or sugar cookies cut with a Z-shaped cookie cutter. Leave the bowling alley set up during the "Z" activity weeks for everyone to enjoy. If you have a lot of residents, you can create several different bowling alleys. To culminate the "Z" unit, have a bowling tournament. Award the members of the winning team with any of the following: a trip to a bowling alley for a free game, one of the soda bottle pins decorated with a sticker that says "Champion Bowler," or an award certificate found below.



## Zippidy-Doo-Dah Bowling Champion

Awarded to: \_\_\_\_\_

on this \_\_\_\_\_ day of \_\_\_\_\_.



\_\_\_\_\_  
Signature

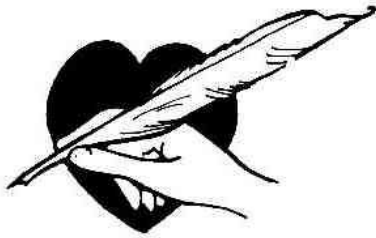


# "Z" Activities Awards

*Congratulations!*

**On Your Fantastic Handwriting!**

To: \_\_\_\_\_



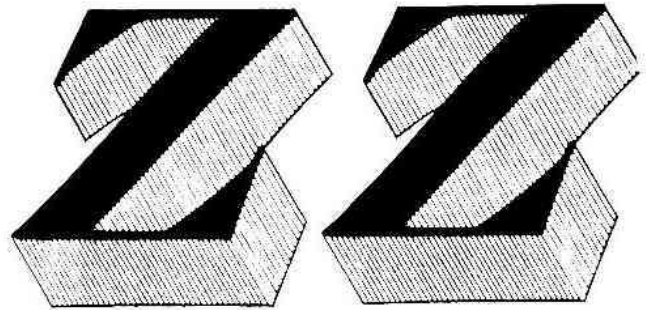
Date: \_\_\_\_\_

Signature: \_\_\_\_\_

**Great Zatts!**

You worked your way through the "Z" maze!

To: \_\_\_\_\_



Date: \_\_\_\_\_

Signature: \_\_\_\_\_

**Excellent Work**

You completed the "Z" crossword puzzle!

To: \_\_\_\_\_



Date: \_\_\_\_\_

Signature: \_\_\_\_\_

**"Z" Map Work Award**

To: \_\_\_\_\_



Date: \_\_\_\_\_

Signature: \_\_\_\_\_

# Answer Key

## Page 4

**Zanzibar:** a, an, I, bar, air, nab, rib, ran, Zara fleece

**Gold:** Gold coast, Golden Chersonese, Golden Gate, Golden Horn, gold fields, Goldsboro, Golden Fleece, gold beetle, gold-brick, gold certificate, goldcup, gold digger, golden, Golden Age, golden buck, golden eagle, goldenness, golden oriole, golden pheasant, golden robin, goldenrod, golden rule, goldenseal, Golden State, golden warbler, golden wattle, gold-exchange standard, gold-filled, goldfinch, goldfinny, goldfish, gold foil, Goldilocks, gold leaf, gold note, gold point, gold reserve, goldsmith, gold standard, goldstone, goldthread

## Page 14

- |                |                |               |
|----------------|----------------|---------------|
| 1. honesty     | 8. thrifty     | 15. hostility |
| 2. variety     | 9. necessity   | 16. propriety |
| 3. punctuality | 10. popularity | 17. calamity  |
| 4. beauty      | 11. stupidity  | 18. hefty     |
| 5. anxiety     | 12. capacity   | 19. frosty    |
| 6. royalty     | 13. hilarity   | 20. haughty   |
| 7. fertility   | 14. mighty     |               |

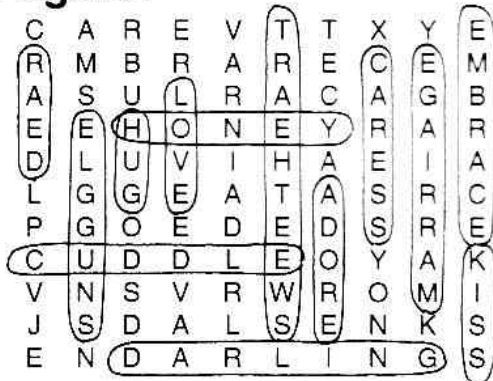
## Page 28

Answers will vary.

are, car, care, ran, near, ear, can, case, sea, ears, cans, cake, cakes, rake, rakes, snack

- |            |                 |
|------------|-----------------|
| 1. pretzel | 1. horse        |
| 2. cheese  | 2. pickles      |
| 3. cracker | 3. an army      |
| 4. apple   | 4. baked a cake |
| 5. dip     |                 |
| 6. popcorn |                 |

## Page 34



## Page 38

- |                      |                        |
|----------------------|------------------------|
| 1. Ulrich Zwingli    | 6. Zane Grey           |
| 2. Lou Holtz         | 7. Nancy Lopez         |
| 3. Joe Frazier       | 8. Edwin "Buzz" Aldrin |
| 4. Albert Schweitzer | 9. Wayne Gretzky       |
| 5. Don Zimmer        | 10. Suzanne Pleshette  |

## Page 39



## Page 40



## Page 41

1. Zapata, Texas
2. Zion National Park (Utah)
3. Zionsville, Indiana
4. Zion, Illinois
5. Zephyrhills, Florida
6. Zap, North Dakota
7. Zippel Bay State Park (Minnesota)
8. Zuni Indians (Arizona, New Mexico)
9. Zillah, Washington
10. Zanesville, Ohio
11. Zeeland, Michigan
12. Zumbrota, Minnesota

## Page 42

- |             |                |              |
|-------------|----------------|--------------|
| 1. zigzag   | 12. zoological | 23. zebu     |
| 2. zest     | 13. zoo        | 24. Zimbabwe |
| 3. zero     | 14. zone       | 25. zinc     |
| 4. zenith   | 15. zombie     | 26. zinnia   |
| 5. Zen      | 16. zodiac     | 27. Zion     |
| 6. zwieback | 17. Zambezi    | 28. zip      |
| 7. Zurich   | 18. Zambia     | 29. ZIP code |
| 8. Zulu     | 19. zany       | 30. zipper   |
| 9. zucchini | 20. zeal       | 31. zircon   |
| 10. zoom    | 21. zealot     | 32. zither   |
| 11. zoology | 22. zebra      |              |

## Poster

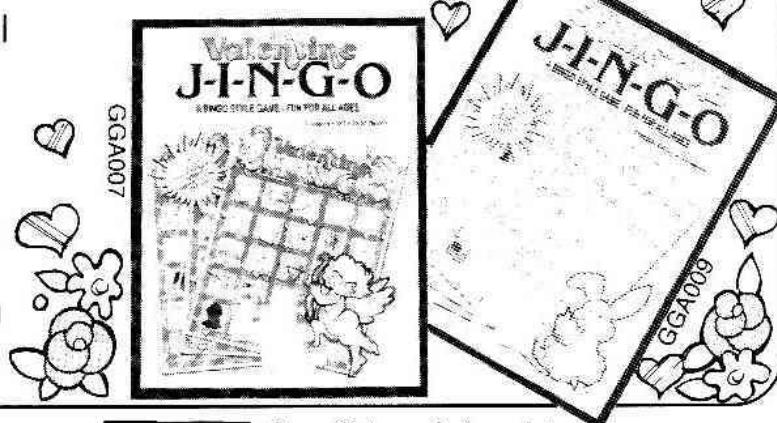
- |           |          |              |
|-----------|----------|--------------|
| Zambia    | zebra    | zwieback     |
| zeppelin  | zero     | zinnia       |
| ZIP code  | zipper   | zodiac chart |
| zither    | zombie   | zoo          |
| zoom lens | zucchini | zigzag       |
| zebu      |          |              |

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City \_\_\_\_\_  
State \_\_\_\_\_ Zip \_\_\_\_\_  
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	GGA005 Christmas J-I-N-G-O		
	GGA007 Valentine J-I-N-G-O		
	GGA008 Birthday J-I-N-G-O		
	GGA009 Springtime J-I-N-G-O		
	GGA030 Birthday Poster		
	GGA031 Getting to Know Poster		
	GGA032 School Days Poster		
	GGA033 Loves America Poster		
	GGA034 Christmas Poster		
	GGA035 Summer Fun Poster		
	GGA036 Fall Fun Poster		
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HAPPY  
NEW YEAR

Jan

Sunday

1

Monday

2

Tuesday

3

Wedne

8

9

10

15

16

17

22

23

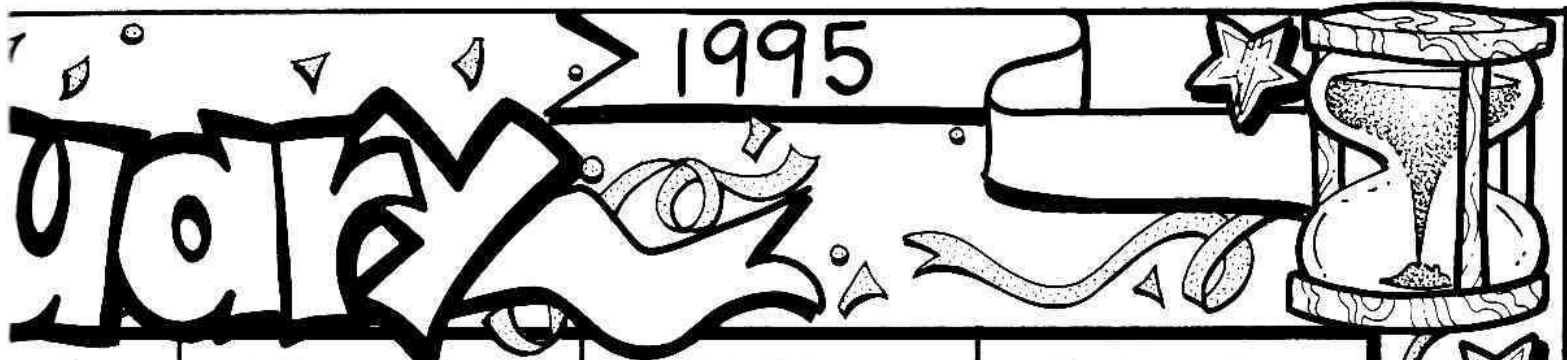
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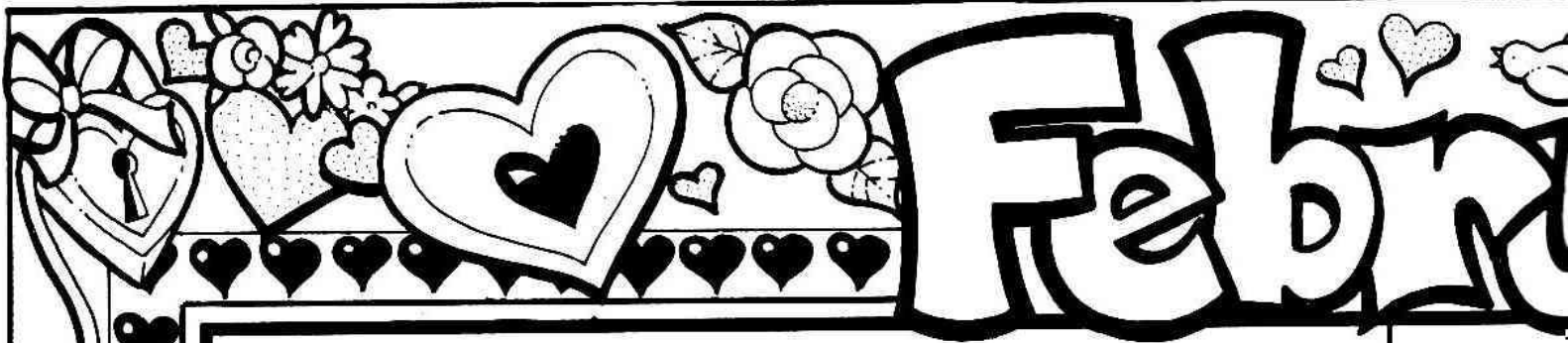




Wednesday 4	Thursday 5	Friday 6	Saturday 7
11	12	13	14
18	19	20	21
25	26	27	







Sunday

Monday

Tuesday

Wedn



5

6

7

12

13

14

19

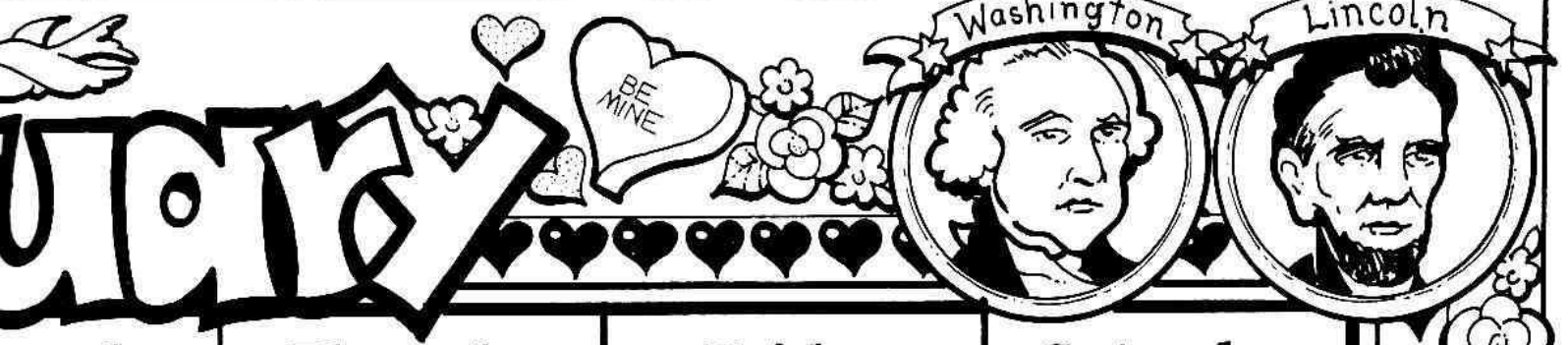
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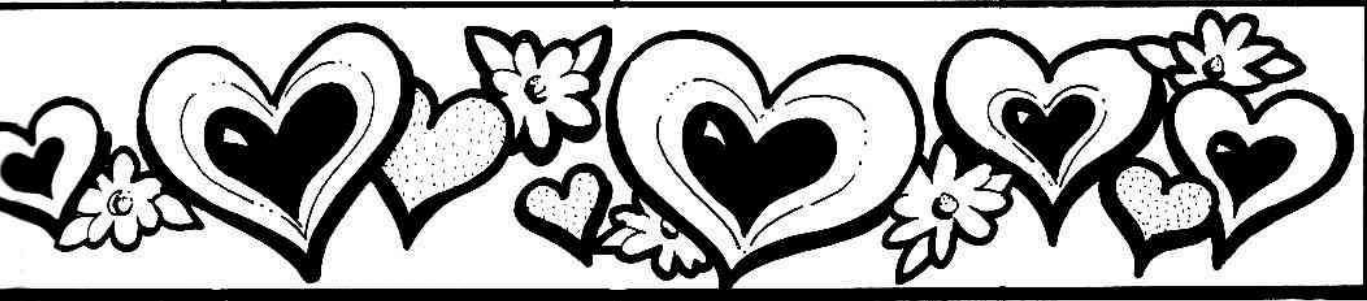
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28



Wednesday 1	Thursday 2	Friday 3	Saturday 4
8	9	10	11
15	16	17	18
22	23	24	25





Mary Smith  
100 N. 2nd  
Smithville, IL  
Sally Sue Smith  
82 South Street  
Carrage, IL 62321

Zip Code





How many "Z" items can you find?

TWICE BAKED BREAD

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ARIES Mar. 21 - April 19	PISCES Feb. 19 - Mar. 20
AQUARIUS Jan. 20 - Feb. 18	CAPRICORNUS Dec. 22 - Jan. 19

are incredible \* it feels like we have always been friends \* you are a good listener \* you are such a special person  
\* your skin has a healthy glow \* I am very thankful that I know you \* I like your original thoughts \* you  
are so patient \* your cheerfulness is contagious \* you're very understanding \* your doctor says you are  
healthy \* you're unique \* you are sympathetic to other's feelings \* hooray for you! \* you have a reassuring  
voice \* I'm glad I know you \* it is a pleasure to spend time with you \* I will never forget you \* you're  
funny \* you have a great personality \* your feelings are important to me \* you brighten each day

\* you are dynamic \* you're so intelligent \* you are so sweet \* I am proud of you \* you're  
good with children \* you're very brave \* you have nice skin \* I like that color on you \*  
your smile brightens my day \* I still remember the first time I saw you \* I like your  
freckles \* I am glad I get to see you each day \* you're making good progress \* I

know the others here love you \* I often think of you, even when we're not  
together \* I like the way they're doing your hair \* I just love your smile

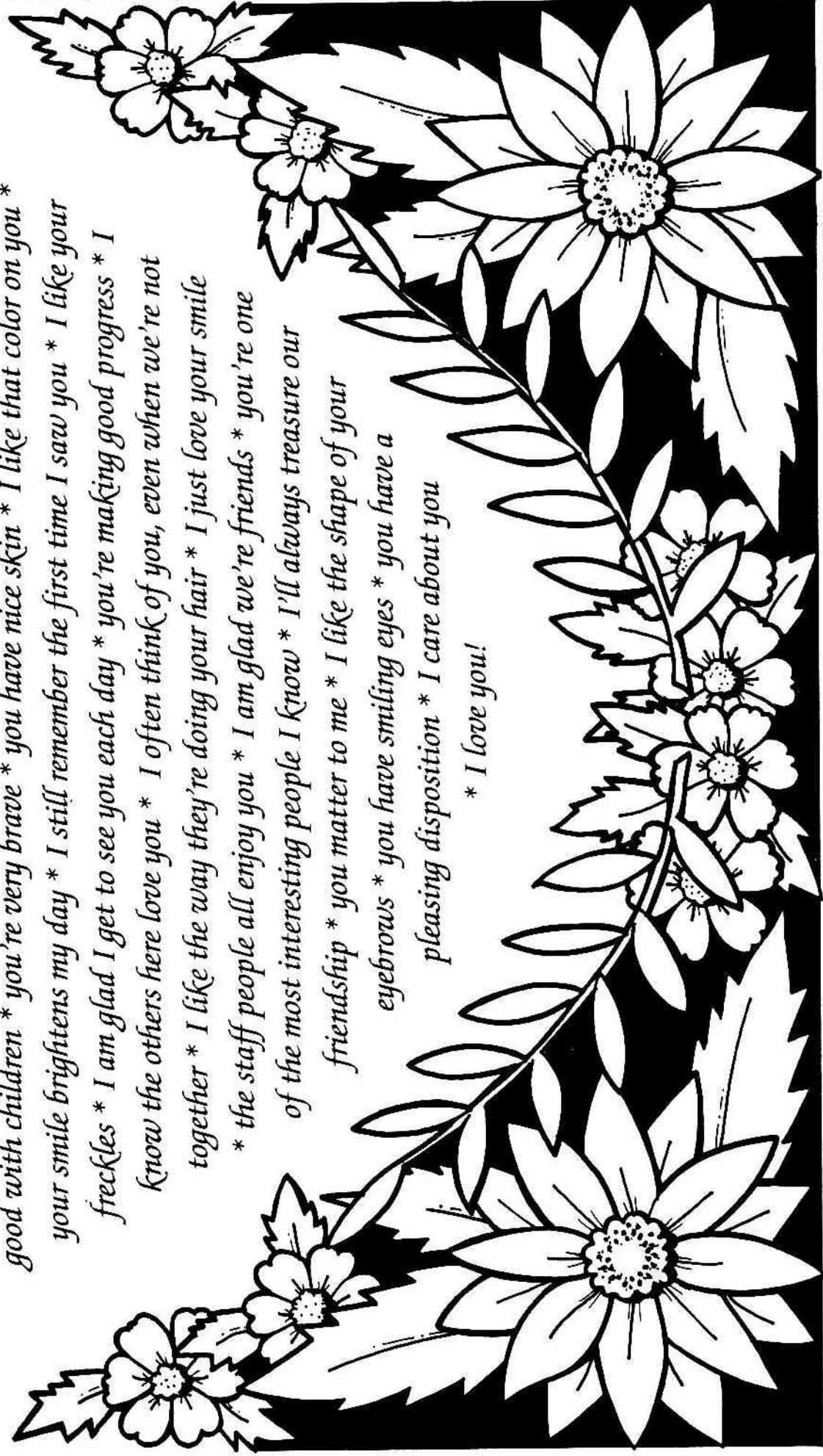
\* the staff people all enjoy you \* I am glad we're friends \* you're one  
of the most interesting people I know \* I'll always treasure our

friendship \* you matter to me \* I like the shape of your

eyebrows \* you have smiling eyes \* you have a

pleasing disposition \* I care about you

\* I love you!





# *Eighty-Eight Ways to Say, “I Love You!”*

*you look nice today \* your*

*beautiful hands \* you have a warm*

*creative \* you are special \* you mean a lot to*

*like without you \* you make me feel good \* you have a great singing voice \* you are a great storyteller*

*\* I always look forward to seeing your face \* you are a good friend \* you have a good sense of humor \**

*you're a good listener \* you know how to have fun \* you did it by yourself! \* you know how to appreciate*

*others \* you are courageous \* your eyes dance when you laugh \* you are terrific in every way \* you're fantastic*

*\* I like your funny jokes \* you have soft skin \* I appreciate your integrity \* you are very smart \* I'm proud of*

*our association \* I like you \* you're artistic \* I've never known anyone like you \* you're extremely helpful \**

*you're neat \* you have class \* you are a terrific human being \* I appreciate your enthusiasm \* it looks like you*

*have a lot of nice friends here \* you are always on my mind \* you are looking well \* you seem happy today \* you*

*are incredible \* it feels like we have always been friends \* you are a good listener \* you are such a special person*

*hair is pretty \* you have*

*smile \* you're so cheerful \* you are*

*me \* I don't know what my life would be*





Discover

# A New Day

*The Magazine for Activity Professionals*

Dear Activity Professional,

*A New Day* is a reality. After months of hard work, the Premier issue was delivered from the printer the first of September. The reception has been almost overwhelming and very positive. Thank you.

And now you have access to the first issue of your subscription. This is Volume 1, Number 1, the January-February 1995 issue. We believe that it is jammed full of ready, easy-to-use ideas, art, and activities. We thank you for subscribing.

We want this to be your magazine so let us know how we are doing. All positive and negative thoughts and comments from you are read and reread. Our goal is to make each issue better than the previous one.

## In This Issue: Ideas to Enhance Your Activity Program

The Joyous Days of January • Bulletin Boards • It's Teatime • Use any art/illustrations for Clip Art • January Calendar • A Heart-to-Heart Valentine's Day Party • February Calendar • Mystery Birthday Badges • King for the Day • Surveys • Poster • Handwriting Contest • Hugs • Teatime Treats • Checkers • A Hatful of Delightful Ideas • Fabulous Days of February • Remembering Zane Grey—A Western Legend • Snack Time Quiz • Word Search • Crossword Puzzle • The Unit—Let's Put "Z" First • Scrambled Words • Zippy, Ziploc™ Bags and much, much more •

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